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FEB 12, 2004

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WEEKLY



FACE

Arts & Entertainment

VOLUME ONE ISSUE FIVE FEBRUARY 12, 2004

For Your Valentine



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■ **Daily grind: Tissue Issue**
■ **A talk with Colin Rankin**
■ **Hospitality House Inc.**

City Rhythm Sounds ■
Focusings with Charlotte Smith ■
Seasonal Affective Disorder ■

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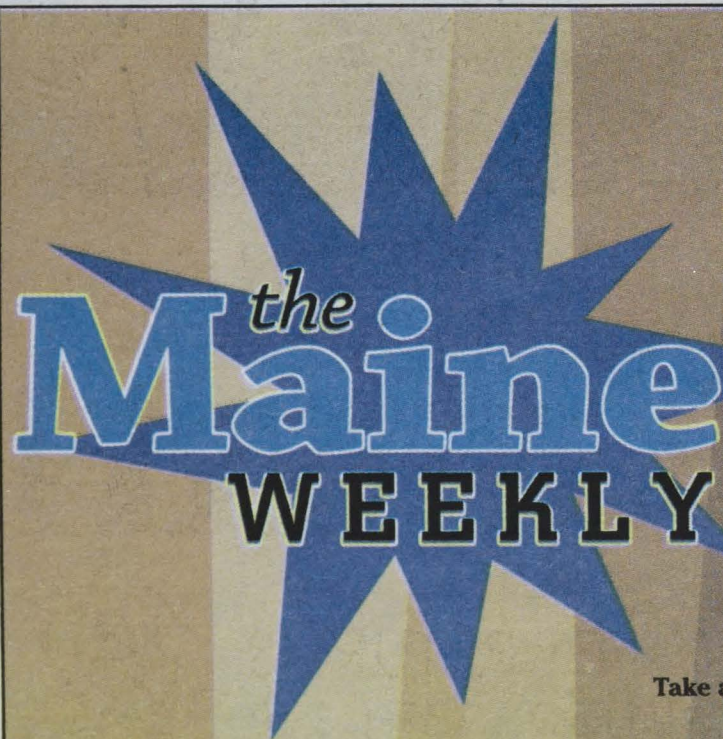
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Activities at the Children's Museum of Maine



February 12-18
FMI: Call 828-1234 ext. 221

Little Kids' Morning Out
February 12
10am-12pm
Valentine's Day Party!

Sparks Ark
February 13
3pm
Meet an animal friend from Sparks Ark!

Make A Valentine!
February 14
11am, 1pm, & 3pm

Leaping Lizards
1:30 & 2:45pm
Explore the world of reptiles and amphibians with special guest, Anthony Sohns. Meet live frog, snakes and lizards!

Cultural Creations-Holma Painting
February 15
2:30-3:30pm
Try your hand at this traditional Russian folk art and make a wonderful postcard vessel to take home.

Bake & Taste: Cherry Tarts
February 17
In honor of President's Day, bake a pie.

Styrogoni
February 18
11am-Noon & 1-2:30pm
Meet Jules Vitall, an artist who has turned his personal battle against landfill trash into an art form.

General Admission:
\$6.00 per person (under age 1 free)
(Admission is free with museum membership.)
Group Rate
\$4.00 per person - groups of ten or more with reservations - call 828-1234, x234 FMI
Camera Obscura only: \$3.00

The Children's Museum of Maine is located at 142 Free Street in Portland, Maine, next to the Portland Museum of Art.

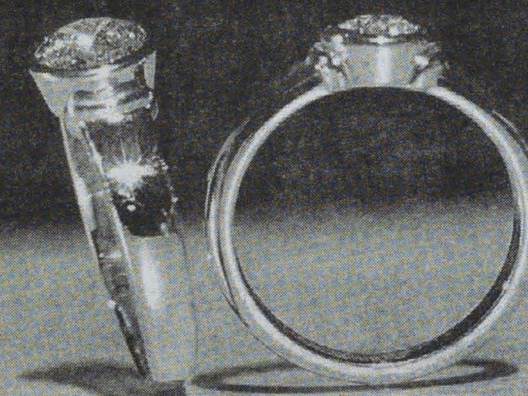
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Cape Town

Spring merging into summer. Waterfront café. Paddle fans slowly turning overhead... relaxing into the sweet aroma of a Cuban cigar. Last day of a two week tour of South Africa's diamond and platinum mines.

She commented on the passing ship. I complimented her on her ring. She seemed pleased, explained it was a family heirloom, had been her grandmother's, and she loved it, it was simple... comfortable.

I told her I was a jeweler from America. Asked if I could make a ring like it. She said she would be honored to have her grandmother's ring in America. This is the ring seen that gentle spring day in South Africa.



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11:00am - 7pm - **Cajun Cooking Challenge**
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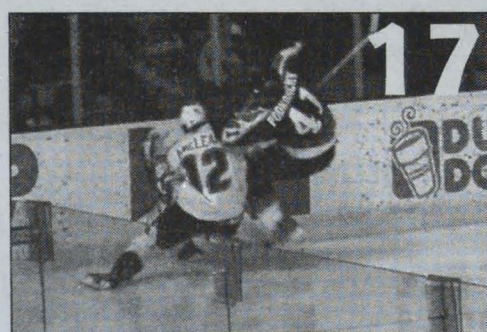
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the Maine WEEKLY

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FCPNE
FEBRUARY 12, 2004

Talk

A conversation with Colin Rankin

“Honestly I’ve eaten everything here and I probably haven’t eaten the same thing twice. I try to mix it up and create interesting things continually.”

by Leigh-ann Smith

Colin Rankin is the proprietor of Market Street Eats, located at 30 Market Street in Portland, where they make unique wraps and listen to cool tunes.

What type of food do you serve here?
We serve sandwiches on all natural pitas. The pitas are baked especially for me and shipped up from Massachusetts every week. It’s all very healthy and all natural. It’s funky, fast and good. We use a lot of avocado and light sauces. Basically, we get bored and end up creating something and if it is good we end up using it. They’re definitely not your average sandwiches. There is thought put into them. And another nice thing about the place is the price. All wraps are five dollars. So if you’ve got five bucks in your pocket you can eat.

How long have you been open?
We’ve been open for nine months.

What type of atmosphere are you trying to create here?
I don’t know actually. All of it was actually just taken out of my apartment. Whenever I start a new business things go from my home to my business. It just seems to happen that way. I guess it is just comfortable and something different. We play a lot of good music. There are two other people who work here and are into different types of music than I am. So we play a really wide variety of music. We also will take suggestions

from customers. It’s also fun because then it feels like the customer is invested in the shop. And that’s a cool thing because then they come in and hear the CD they let us borrow.

What are your hours?
8 a.m.–5 p.m., Monday through Friday. 11 a.m.–3 p.m. on Saturday and we’re closed on Sunday. And we just started doing breakfast a few weeks ago so now we’re open earlier.

What is your favorite dish?
Honestly I’ve eaten everything here and I probably haven’t eaten the same thing twice. I try to mix it up and create interesting things continually.

What is your cooking background?
All through high school and college I have cooked. Living in Maine it is easy to get into cooking since there are so many jobs in the service industry. I had my first job at 14 working in a restaurant. I think a lot of people can relate to that. Plus it is something I have always liked. I cook for friends and myself.

What is your favorite aspect of being a business owner?
Honestly, I like that I get to wear jeans to work, I really like the people I work with, I listen to good music and I like the public. I like conversation. I learn a lot from conversation. I get into to some great conversations with people in here. I get to meet some really cool people. You may not know anything about them and then after they come in a few times I’ll



PHOTO LEIGH-ANN SMITH

ask them what they do. Some of the answers will blow you away. I’ll be like; I didn’t even know that was a job. I wouldn’t do it if it weren’t fun. That’s the cool thing about it is that people will comment on how we seem to be having a good time. And we are. The people I work with are really witty and smart and it makes it nice to work with people who are intelligent.

But basically I like the fact that I succeed or fail by myself. I like that. I think it makes me try harder. It’s gratifying and a rush to know we are a really good unit.

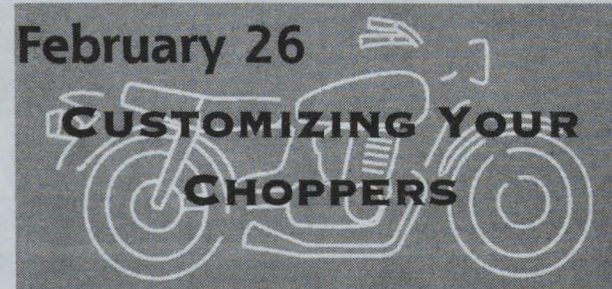
And your least favorite part?
That’s a tough one because when I opened I knew what I signed on for. Probably being in charge of paying the bills. (laughs)

You’re kind of fucked away here. Is that a problem for you or do you have a lot of regulars?

No it isn’t. I thought it might be but I really like it. It’s like a hidden secret. People that should know about us know about us. The people who come in here are very cool. I’ve not really had a bad customer. There was only one person I can remember thinking, “Wow, that person was rude.” We’ll have one person come in because they like the feel or the flavors and if they like it they tell another like-minded person. We average about 150 people and people that walk in the door usually know what they want. And that’s cool.

Coming Soon — February 19 Josh Groban

Still revved from his appearance at the Super Bowl, singer Josh Groban talks to The Maine Weekly.



Cover Illustration: Michael Poliskey
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feedback from our readers

Bad Weather Speed Limits

I have sent a similar comment to Press Herald several times in the past but elicited nobody's interest. Perhaps Gov. Baldacci might now be interested.

It is very noticeable that every time we have a period of terrible weather ... blizzard ... dense fog ... freezing rain ... i.e., treacherous driving conditions ... the Turnpike Authority immediately changes the speed limit from 65mph down to 45mph. And of course, at this recommended speed there is a multitude of accidents and vehicles off the road all the way up the Pike. And, of course, every one of them "caused by the weather!" I have never heard of anyone admit that "I lost control on glare ice because I was doing 45MPH." ... which, is at least 25mph more than what they should try to go on icy roads. And once again, when the Governor's driver lost control, the speed limit was posted at 45mph and the news reported a multitude of vehicles down in the ditch at the same time!! I believe the Highway Dept. needs another number available that is much lower than 45!

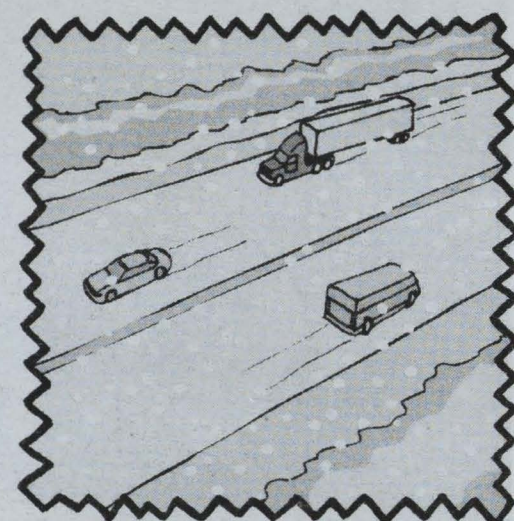


ILLUSTRATION ARTTODAY

Submissions are the views of our contributors and do not necessarily represent those of TMW. Please send your submissions to Letters, The Maine Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: cbwdir@maine.rr.com. Be sure to include your address and daytime phone number. (Please Keep Your Thoughts to Less Than 300 Words).

Sy Powell
Scarborough

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(no more than 300 words)

Contests

Valentine

by William John Foley

V is for the vitality that only you can bring...

A means that You - are always there...

L is for the learning, You impart, everyday...

E represents the energy you send my way...

N stands for the news you fill my life with...

T is for the Tender Loving Care you always show...

I reflects the interest.. that shows you truly care...

N no person means as much to me ... as you...

E each day -- I look -- to see the delights -- You bring my way...

Send your original photography, artwork and writings (articles, poetry, stories, etc.) along with your name, address, telephone number and a simple letter authorizing MW to publish your submission. Send your submission to: Contest Department, The Maine Weekly 11 Forest Ave., Portland, ME 04101 (please include a SASE if you want your submissions returned) or e-mail to: C.SMITH@TheMaineWeekly.com)

ILLUSTRATION ARTTODAY

Getting Old With My Valentine

by Ida Bilodeau of Westbrook

Through young and thin we'll not stay
Truth be told - we're already getting a bit gray
Our knees - they creak
Our eyes not so good anymore see
Together, though, the future is not bleak

The belly - it is a-gettin round
The butt - it is moving down
All these things we will endure
'Cause time sure ain't a-stoplin - that's for sure
As long as we can share a laugh
gettin old won't be so bad
And the way that our minds are a-goin
Our love will always be present not past

Being young and in love is okay
but our old kind of love is here to stay
I love you now, I loved you then
After all these years I'd choose you again

I thank God for each day He has a-given
and for the life we've been a-liven
The days they have turned into years
there's been lots of laughs and a few tears
But all these changes we can weather
As long as we are together

No matter how old we be a-gettin
On this day it just seemed a-fittin
to ask you again - will you be mine?
Now and forever - Gettin old with my Valentine.

THE Daily GRIND Tissue Issue

by Martin James

How does one approach a delicate topic politely? I think I'll just say it quickly: There are few frustrations more discouraging than the difficulty one often encounters when opening a new roll of toilet tissue. There—I've said it.

I know I'm not the only one who believes that this is a problem. It's just that most people are too polite, or perhaps too shy, to bring it up. But I know it's a problem because toilet tissue manufacturers have attempted to solve the tissue issue with lavish advertising campaigns promising relief with new and improved products.

These ads and products, I am sad to say, are all evidence of the decline of integrity in American business, because not one of the products is any easier to use than the products they replaced.

Let's look for a moment at the problem as I see it; I hope and expect that you'll agree if you give it some thought.

There is a sense of urgency in getting that first bit of paper flowing, and lately the toilet tissue makers seem to have gone overboard in an effort to keep the rolls from unwinding all by themselves. Most of these products are nearly impossible to get started. That first sheet of paper is glued in place, or crimped there by some heavy-duty crimper, or even welded or riveted.

But it wasn't always that way. Once upon a time in America, toilet tissue was one of the simplest and worry-free products found in outhouses and bathrooms across the nation. Open a 12-pack, load a roll on the spool and one touch got things rolling along nice and smooth. But something happened.

Let's research the manufacturers need to keep the rolls intact. It seems that some time ago, on certain October holidays, holding one end of a roll of toilet tissue and then rolling the rest down a street, or wrapping it around a house, or draping it over a statue in the public square was a big thrill.

On the day after Halloween, tons of the stuff had to be cleaned up in cities and towns all across America, and I suspect that someone in a high position in one of these hamlets had a friend in the toilet tissue industry. I imagine that the conversation went something like this:

"Harry, my store gets papered every year and I'm sick of it," said Mr. Angry Businessman. "How about you doing something to make it harder to get the roll started. Then the worst that could happen is that we'll have whole rolls to pick up, not miles of paper strewn around like confetti after a parade."

"Sounds doable to me, Bill," said the paper maker. "I'll get my R & D guys on it right away."

Next thing you know, getting a roll of toi-

let tissue started is harder than convincing a bill collector that the check is in the mail. But why would the paper people be so willing to make using their product so difficult? Because we use more of it now—we lose about a quarter of a roll just getting that vital first sheet ready to use.

It's expensive and it's frustrating, and you don't want to be thinking about money or be agitated in the bathroom.

For years, the paper pushers got their way and their profits, until enough of us complained. That's when the "Easy-Start" toilet tissue roll was born. But nothing really changed in the product itself—it's still harder to get started than a teenager on a cold morning.

Oh, they trumpeted the new stuff like it was a new idea instead of what it really was—a simple return to the way things used to be. Just ask anyone over the age of 40. We never had a problem with toilet tissue when we were growing up. The difficulty began when the children raised by my generation found the soft, cheap rolls to be the perfect weapon against defenseless trees, statues and buildings. These corporate wizards told us how they'd spent a fortune on creating this marvelous product just to make our lives easier, when in reality, the rolls were, if anything, harder to unravel.

One would think that this is a minor thing to complain about. My dear wife said that if having trouble starting a roll of bathroom tissue was the biggest problem I'm facing, life must be very, very good indeed.

Of course, this bothers her as well; she just won't admit that it aggravates her. In my view, it's the worst problem of the bathroom. She just brushes off my tissue issues and offers her opinion. According to her, the fact that I leave wet towels on the floor is irksome; my using the bathroom as a "reading room" is selfish and childish; my alleged inability to place all worn clothing in the hamper is "typical male behavior," and any one of these offences is worse by a factor of ten than my petty paper problem.

Obviously, we are not going to settle this delicate issue in our home any time soon. My dear wife decided that we would drop the subject, but not before she got in one of her favorite "How many men does it take" jokes.

"How many men does it take to put a new roll of toilet paper on the spool?" she asked with a wicked smirk. Not waiting for my reply, she said with great gusto: "No one knows—it's never been done!"

Martin James lives cautiously in a home with one sarcastic wife and three antagonistic cats. He is beginning to envy the cats the simplicity of their litter box.

Are You A Photography Fanatic?

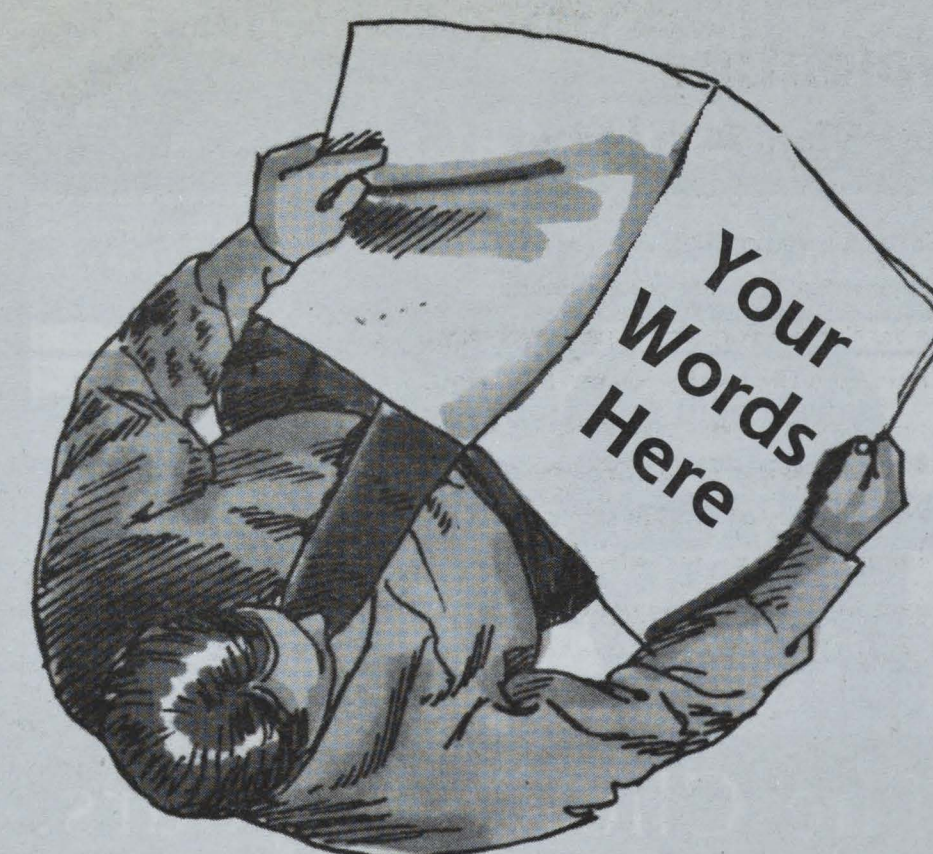


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paw print

The Lazy Person's Guide to Dog Training

by Nancy Freedman-Smith

Your dog helped himself to your dinner when you went to the bathroom. You came from work to find the trash has been sorted, sifted and scattered about the house. Your new interior decorator is none other than your dog. When you walk in the door your doggie tornado nearly sends you to Kansas. Your dog bolts in the woods and she is found in the next town by a Subway employee at the dumpster. Training your dog can take many forms. If are looking for the easiest route, read on.

The rule!

Do not allow your dog's behavior to be self-rewarding. Do not allow your dog to practice anything you do not want it to repeat. Stealing, jumping, and even bolting are self-rewarding.

It is not too late to change your ways. Dogs are very self-serving. If your dog has been a successful counter surfer and found some goodie or another to mooch, it will take some time to extinguish this unwanted behavior. Leave nothing for the dog; no food, no pill bottles, and no paper towels. Just in the same way you would childproof a house for a small child, do not leave potentially harmful things around for your dog to ingest. Not only will your peace of mind return, but you will save the dog from potential harm. If there is nothing in it for the dog, the dog will eventually stop on his/her own. In dog trainer terms, this is training through the use of extinction.

If your doggie tornado has sent you flying home to meet Dorothy in Kansas, make sure you do not touch the dog when they are acting like this, because your physical contact is in a sense a reward to the dog. Your dog probably needs more exercise. Consider a dog walker or a day care.

Ignore bad behavior. Give your dog an alternate behavior.
Here is a quiz: The opposite of jumping is.... Did you guess sit? You're right! Teaching your dog to sit is fairly simple. Just lure a treat over the dog's nose until its butt hits the

floor. If you are using a clicker, great! You will reach your goals quicker. Click (and of course always treat) for four paws on the floor, and jackpot (lots of goodies given rapidly in a row) for sit. From your dog's point of view, sitting for greetings will be much more enticing. Do not allow anyone to pat the dog unless the dog is sitting.

Follow those simple steps and your dog will stop jumping and counter surfing. Like all training, this will take time before these behaviors extinguish themselves. No corrections are needed in either situation, just patience and consistency on your part.

Dog bolts in the woods? Either leash, install a fence, or take the dog only to fenced areas.

Dog steals food—do not leave any food out for the dog to steal. Dog eats groceries in the car—do not leave food in the car with the dog. Dog bolts by kids and gets loose—train kids not to let the dog out, or leash or confine dog before you open the door. Dog jumps—don't pat, reward for sit. Dog steals from the bathroom—close the door. Dog takes things from trash—get locking trash, or secure it away. Dog steals food from kids—supervise or confine dog.

Dog steals food from cabinet—try child-proof locks. Dog steals toys and runs through the house with Barbie body parts playing catch me if you can—clean up, keep toys out of reach, keep doors shut and drag the dog's leash in the house. Don't let the Barbie massacre game get started. Don't let any other unwanted behaviors start in the first place. Do not let puppies practice anything you do not want them doing when they are full-grown.

Trainers tip:

When you overreact to your dogs stealing, sometimes you inadvertently teach them to "guard their prize." Consult a trainer, vet or behaviorist for any aggression.

Nancy owns Gooddogz Training in Portland www.Gooddogztraining.com.
The dogs referred to in this article are all real! Their names were left out to protect their embarrassed owners.

Adopt a Pet: Nitro



A 3-year-old male Catahoula Leopard Dog/Husky mix, Nitro has bounced from at least two homes and three shelters in his short life. Transferred from the Bangor Humane Society, Nitro's most recent home did not take kindly to his inherent energy level and propensity to get into mischief when bored or mentally stagnant. The Catahoula is a southern breed, thought to have originated in Louisiana, and considered part of the herding group. As a result, traits such as high energy, high intelligence, endurance, the need for fair, consistent and reasonable leadership, combined with some territorial issues, makes this a fascinating and complex breed. Nitro is well mixed with Husky, and is engaging, personable and social. When left alone for long stretches Nitro will chew and needs to be crated while his owners are away until he has proven he is trustworthy in the house. Nitro is very subtle in his signals that he needs to go outside, so it will take some time before he and his new family understand one another. Nitro is said to despise the water, so a swimmer he is not! Although Nitro has shared a portion of his life with cats, he was said to "mess with them when bored." The staff is going to eliminate this piece of the equation and place Nitro in a feline-free home. Nitro loves to play fetch, has fairly nice leash manners, and will thrive in a home where he can be involved in work of some sort, whether that be herding, agility, obedience or some other means by which he can engage his brain and earn his keep. Nitro is not a couch potato or a dog who will live happily with minimal exercise. His energy and exercise level and requirements are not out of the norm for his breed mix, but new families need to consider their lifestyle as it is currently before adding a working dog to the mix. Nitro has a sunny, can-do attitude, despite the upheaval and chaos he has experienced in his life.

Nitro is available for adoption from the Animal Refuge League, 499 Stroudwater Street, Westbrook. (207) 854-9771 or www.arlgo.org.

Health & Wellness

Mr. Sandman, Are you there?

by Leigh-Ann Smith

For many the thought of another lousy night of sleep can be forever changed.

With sleep disorders being more commonly diagnosed, there are more places that specialize in identifying these disorders. The Diagnostic Health Services, Inc. in Falmouth is a sleep lab that is dedicated to helping find out what is causing a patient to have a bad night of sleep. Owner Richard Haslip, RPSGT, has been interested in sleep and disorders associated with sleep for many years. "I started out as a respiratory therapist and was doing some screening work for some doctors. They came to me and wanted to have me learn it. I just really became interested and it sounded exciting to me. As soon as I did my first sleep study I was hooked."

Haslip opened the sleep lab in 1990. "The headquarters are in Falmouth, but we have technicians scattered throughout the state. The main part of our business is contracted with small hospitals in the state that do not have the facilities. We can go in to those hospitals and set up a sleep lab and help patients get the services they need," explains Haslip.

Some of the more prevalent sleep disorders include: sleep apnea, which is when a person stops breathing during sleep, causing a lack of oxygen to the body during sleep; snoring, which is a symptom and precursor to sleep apnea; insomnia, the inability to get to sleep and stay asleep, and restless leg syndrome, which is the unpleasant tingling in legs that may prevent people from getting to sleep.

The main complaint that Haslip sees, however, is sleep apnea. "Sleep apnea accounts for a good portion of sleep problems, about 80 percent. The health problems associated with sleep apnea, like high blood pressure, stroke, and heart disease, can be exacerbated by sleep apnea. Also, to a lesser extent the arousal from snoring can affect the level of sleep attained. So when a person wakes up in the morning he may feel like he never went to sleep. We may all have nights like that but when it happens every night, the person will become sleep deprived, which could lead to accidents like falling asleep at the wheel or industry accidents," explains Haslip.

By going through the tests offered by the sleep clinic, doctors and patients can try to understand any underlying problems that might be preventing a restful night's sleep.

"The purpose of this lab is to perform tests that will discern what sleep disorder might be afflicting the patient. The great thing about a place like this is that a person can find a cure. A person will come in and say things like, 'My wife says I snore, or my boss says I fall asleep, but I still don't know why I'm here.' We do a study and show the person how awful their sleep pattern is. Then they go to back and work with their doctor to formulate a plan on how to fix it," explains Haslip.

Haslip sees his patients through a referral process from a doctor. Any doctor can refer a patient to the sleep clinic. It does not necessarily need to be a specialist. "A person who is referred to us by their doctor is asked

to fill out a questionnaire and return it to us. We use the questionnaire to see if the person may really have a sleep disorder or if they have may be consuming, say 80 cups of coffee a day and are wondering why they can't sleep. So if they answer certain questions in a certain way then the likelihood of the person having a sleep disorder is high," notes Haslip.



Sleep Clinic. (left to right) Richard Haslip, RPSGT, Owner/President, Gae Carboni, RPSGT, Clinical Coordinator and Maria O'Toole, Executive Assistant.

PHOTO LEIGH-ANN SMITH

The most common test that the technicians perform at the sleep lab is polysomnogram, or PSC. It evaluates sleep disorders by recording activity from the face, legs, chest, and stomach. The multiple sleep latency test monitors how fast the patient falls asleep while the maintenance of wakefulness test show the ability of the patient to stay awake.

The sleep lab is licensed to have a maximum of six beds but currently the facility can accommodate four patients. When a patient goes to the lab for testing there are certain standards that need to be met. "Each room has to be just so. There is a camera in each room, which is important to monitor certain movements and two-way communication, so the patients can have their privacy but still be in contact with the technician. The patient's heart, brain, breath, and leg movements are monitored as well. But we want to make each room comfy and not too sterile so that the patient will not be uncomfortable and unable to sleep."

Typically for every two patients there is one technician. Depending on the test to be performed, patients in-times are staggered, with the times being 7:30 p.m. and 9 p.m. and patients are usually out at 6 a.m. There are shower facilities available so if a patient wants to leave and go to work from the lab they can do so.

"After the tests are performed the technician and doctor will go through the results. Then the doctor will offer a line of therapy, from surgery to medication or to a mechanical device like nasal CPAP (Continuous Positive Air Pressure), which is used for sleep apnea. In some cases behavior modification is probably the biggest thing that can be done. Being overweight, or alcohol and tobacco consumption will always make sleep worse," states Haslip.

Sleep for the estimated 70 million Americans with sleep disorders continues to be an elusive and sought after dream, many times people going undiagnosed and untreated. But with the testing offered by The Diagnostic Health Services, Inc. some may be able to rest a little easier.

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Week of February 12 • ©2004 Rob Brezsky

ARIES (March 21-April 19): Happy Valentine Daze, Aries! Here's an important bulletin from poet Emily Dickinson: *Ull! you have been in love, you cannot become yourself. I'd like you to try that revolutionary idea on for size, Aries. Do this experiment. For a given period—say the coming week or the next ten years—act as if the only way you can ever find out who you really are is to lose yourself in sublime yearning for a worthy partner. Assume, for the sake of argument, that one of the best strategies for becoming the unique masterpiece you were born to be is to help a person you love become the unique masterpiece he or she was meant to be.*

TAURUS (April 20-May 20): Happy Valentine Daze, Taurus! The Goddess of Love, Aphrodite Herself, has asked me to remind you that you have always been in love. You will always be in love. In fact, it is impossible for you *not* to be in love. You'd be unable to get out of bed each morning unless there were someone or something that roused your heart and stirred your imagination. So please just admit that you are alive because of love; that you are *made* of love. Now write a list of the ten things you love most, and devote some time in each of the next seven days to expressing your appreciation.

GEMINI (May 21-June 20): Happy Valentine Daze, Gemini! After careful meditation about what advice would be most likely to energize your love life, I've decided to suggest that you say your prayers while having sex. One way or another, Gemini, you should blend earthly pleasures and spiritual aspirations. Here's a quote to write on your mirror or your forearm: "I never knew how to worship until I knew how to love." - Henry Ward Beecher.

CANCER (June 21-July 22): Happy Valentine Daze, Cancerian! After strenuous meditation about what advice would be most likely to heat up and deepen your love life, I've decided you need a stiff challenge. That's why I'm inviting you to have an epic showdown with your fears about love. What keeps you from stripping away your unneeded inhibitions and brazenly exploring the mysteries of attraction? What doubts prevent you from enjoying regular soul-to-soul gazes with your ancient future? Wouldn't you love to shed your psychic armor and summon the chutzpah to whisper in someone's ear, "I'm not afraid to ask for everything?"

LEO (July 23-Aug. 22): Happy Valentine Daze, Leo! After careful meditation about what advice might galvanize your love life, I've decided to share a thought from Jewish mystic Lawrence Kushner. "Everyone carries with them at least one piece to someone else's puzzle," he wrote in his book, *Honey from the Rock*. In other words, you have in your possession certain clues to your loved ones' destinies—secrets they haven't discovered themselves. And in my astrological opinion, it is the right time and place to hand over those clues—to make a gift of the puzzle pieces that are most needed by the people you care about. So search your depths for insights you've never communicated. Tell truths you haven't found a way to express before now. More than you know, you have the power to mobilize your companions' dreams.

VIRGO (Aug. 23-Sept. 22): Happy Valentine Daze, Virgo! After careful meditation about what advice might purify and supercharge your love life, I'm making this suggestion: For one week, concentrate all your passion and ingenuity on learning to love yourself better. Write at least one love letter and one love poem to yourself. Treat yourself to pleasures that relax your intelligence and open your wild heart. Gaze in the mirror and whisper a flood of sweet nothings. Give yourself thoughtful, surprising gifts. And finally, propose marriage to yourself and perform a wedding ceremony in which you promise to cherish and honor yourself until the end of time.

LIBRA (Sept. 23-Oct. 22): Happy Valentine Daze, Libra! I hereby declaring a love emergency. Right now you need love more than you need food and drink. More than that: You need to *crave* love with an almost crazed

lyrical ferocity ... with a reverent, burning hunger that some traditional astrologers would say Libras aren't capable of. At this pivotal moment, you've got to find a way to claim Erica Jong's subversive words as your own: "Love is everything it's cracked up to be. It really is worth fighting for, being brave for, risking everything for. And the trouble is, if you don't risk everything, you risk even more."

SCORPIO (Oct. 23-Nov. 21): Happy Valentine Daze, Scorpio! Is it really love? That's always a good meditation subject for you passion addicts. Here are some guidelines. 1. "Love asks you beautiful, unanswerable questions." - Carl Sandburg. 2. "Love brings to life what ever is dead around us." - Franz Rosenzweig. 3. "Love consists in this, that two solitudes protect and touch and greet each other." - Rainer Maria Rilke. 4. "Love is the only game where two can play and both win." - Erna Freeman. 5. "Falling in love is a lot like dying. You never get to do it enough to become good at it." - My Scorpio friend Elise. 6. "Love is like a well in the wilderness where time watches over the wandering lightning." - Pablo Neruda.

SAGITTARIUS (Nov. 22-Dec. 21): Happy Valentine Daze, Sagittarius! After careful meditation about what advice might beautifully elevate your love life, I've decided to offer you these insights. 1. "We are not the same person this year as last; nor are those we love. It is a happy chance if we, changing, continue to love a changed person." - W. Somerset Maugham. 2. "People often start by falling in love, and they go on for years without realizing that love must change into some other love which is unlike the original." - Iris Murdoch. 3. "Love doesn't just sit there, like a stone; it has to be made, like bread, remade all the time, made new." - Ursula K. Le Guin. 4. "A successful marriage is an edifice that must be rebuilt every day." - Andre Maurois.

CAPRICORN (Dec. 22-Jan. 19): Happy Valentine Daze, Capricorn! After careful meditation about what advice might fertilize your love life, I've decided to alert you to two practical principles. The first comes to you courtesy of philosopher Rollo May: "We receive love roughly in proportion to our capacity to love." In other words: To be adored more, adore more. Your second utilitarian theorem was immortalized by the character Dicky Fox in the movie *Jerry Maguire*. "If you don't love everybody," he said, "you can't sell anybody." In other words: Your most effective strategy for getting what you want is to feel tender affection for the whole world.

AQUARIUS (Jan. 20-Feb. 18): Happy Valentine Daze, Aquarius! After careful meditation about how I might help you perfect your love life, I've decided that all you need is my authorization to be more mercurial and improvisational. So here's a Turkish proverb for you to try on for size: "To prepare for love, learn to run through snow, leaving no footprints." Next, see how much fun you can stir up by taking to heart this Italian proverb: "Love rules without rules." Finally, Aquarius, experiment with this advice from motivational author, Sark: "Love imperfectly. Be a love idiot. Let yourself forget any love ideal."

PISCES (Feb. 19-March 20): Happy Valentine Daze, Pisces! After careful meditation about what advice might enrich your love life, I've decided you need a more joyously rowdy and rambunctious approach to togetherness. Consider the possibility of making love with funny hats on while watching *"The Simpsons,"* or shaving each other in the bathtub while singing tunes from Broadway musicals, or getting naked at the breakfast table and trying to throw Cheerios in each other's mouths while an instructional CD in how to speak Esperanto plays in the background.

Homework: Send love letters, flowery poetry, lavish adorations, and gourmet chocolate to me at P.O. Box 150628, San Rafael, CA 94915.

SMALL BUSINESS SPOTLIGHT

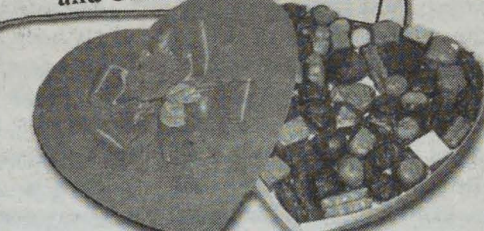
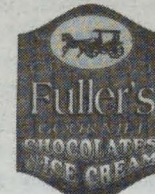
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Keepin' The Beat With City Rhythm Sounds

by Leigh-ann Smith

City Rhythms Sounds' goal is quite simple: "To develop community bonds by bringing people of all ages and cultures to find their common humanity together through drumming." The music program is part of the PROP Open Door Community Arts Program. The classes offered through City Rhythm Sounds include After School Music program every Tuesday at Casey Family Services, a performance group, and community drumming and are free. Open Door Community Arts Program Manager/Coor-

"The grant received by the Maine Arts Commission allowed us to support all the women from Inanna having a workshop, Tori to continue to direct, to bring a traditional West African Drum Maker, Corbina Owusu from Ghana and to continue to work with Swedish Musical Artist Samuel Tornqvist, who has already donated a lot of time and resources," says Abramson.

Another unique aspect of the program is the fact that it doesn't use typical drums. "They literally play on junk," explains Abramson. The program uses "junk" for instruments, whether it is old plastic bottles, barrels, or PVC piping.



Musical Director of City Rhythms Tori Morrill and Open Door Community Arts Programming Manager/ Coordinator Merrill Abramson. PHOTO: LEIGH-ANN SMITH

inator Merrill Abramson says, "We received a grant from the Maine Arts Commission for \$7,485 this past December, which has really allowed us to expand the music program to include an after school music program every Tuesday; twice a month having the performance group, Salvage Rhythm, meet; and have the community drumming meet twice a month, which includes everyone who wants to come together, from youth to seniors."

Abramson came up with the idea for City Rhythm Sounds in September 2002. "Community Arts bring together youth and adults to do art projects. I knew a monthly drumming program was something that would really work with youth and adults," explains Abramson. The City Rhythm Sounds was well received by the community. Their first performance took place in December of 2002 at the Open Door Community Cabaret. "We immediately got calls regarding that 'neat' group. We got a call from Day One, to teach 250 youth at their Natural Helpers Conference," says Abramson. Another Cabaret followed in April of 2003 and a Community Arts Festival on June 7, 2003. "The first one [cabaret] drew 40 people. The April Cabaret had 70 people and the June 7 Festival had over 450 people participating from volunteers and community support."

The expansion of the program has created many new exciting opportunities.

"What Tori is trying to do is combine traditional drumming with non-traditional instrument making," explains Abramson. Musical Director Tori Morrill has tried to be very creative with the items used for the drums. "We are trying to create a Stomp-like group. It's nice to use everyday instruments we find in our world. It is nice to see and hear all the music that is around us daily. I find there are so many things that make music," explains Morrill. This year they will have Owusu come and help make more drums. "We will have the drum maker come and put skins on barrels, PVC tubing and other scraps."

Morrill has been drumming since her late twenties and is currently in the group called Inanna, Sister in Rhythm, which is a drumming group that formed in 1981. "A bunch of us started out in a drumming class together, and from that class the group kind of evolved," says Morrill. Inanna has put out numerous CDs and plays many local concerts. Inanna's other members are also involved in helping out with City Rhythm Sounds workshops.

The purpose of City Rhythm Sounds is to create a peaceful community where music forms a special communication and common bond. Morrill explains,

"Beyond the music, there is something else we are working on. We've worked together to create a sound, a musical piece, but we've also learned how to work together and communicate."

International Marketer Goes Local: Opens Maine's First CM IT Solutions



PHOTO: JOHN BARTHOLOMEW

by Courtney Bokor

Scarborough resident John Bartholomew boasts an impressive, international resume. He did his undergraduate work in economics and liberal arts at the University of Aberdeen in Scotland before receiving an MBA from the University of Edinburgh in Scotland. After finishing his education, Bartholomew joined the Reader's Digest Association, Inc. where he spent 16 years working in marketing in Zurich, London and the U.S. He left his position as vice president and circulation marketing director of the magazine in 1998 to start his own direct marketing consulting business, John E. A. Bartholomew Consulting. Bartholomew is now embarking on his newest business venture: owner of Maine's first CM IT Solutions.

Based in Austin, Texas, CM IT Solutions, formerly known as Computer Moms®, is a national franchise where skilled mentors provide business and home-based computer users with training, maintenance and technical support services. In the franchise name, MOM is an acronym for Mentors on the Move. The mentors, who are employed by the franchisee, go on-site at the client's office or home to provide customized services.

Bartholomew's unique professional and personal background led him to open CM IT Solutions. "My international consulting work took me all over the world," he says. "I would spend months at a time working in places like Budapest, Helsinki and Mexico. While I loved the work, the travel became too strenuous for a one-man operation." Bartholomew briefly looked for work in corporate America before realizing that no senior job in the States would afford him the flexibility to visit his three children who live in Scotland for most of the year.

After mixing all plans to re-enter the corporate world, Bartholomew met with a local franchise broker from the Entrepreneur's Source who provided him with a number of different franchise opportunities that coincided with his lifestyle, skills and future goals. "Along with CM IT Solutions, two other franchise companies that were recommended were Money Mailer, which fit with my direct mail background,

and an interior decorating company," Bartholomew says. "Somehow, I just couldn't see myself doing interior decorating," he laughs.

Bartholomew chose CM IT Solutions because he is "passionately fascinated by technology and where it's taking society." The other big attraction to CM IT Solutions was the mentoring aspect of the company. "I spent most of my professional career coaching and mentoring. I have so much experience helping other people. I'm good at it and I love it," says Bartholomew. "The word mentoring means something special to me; it's someone who is trusted and someone you can look to for inspiration. That's the person I want to be for my clients."

Bartholomew opened for business on January 12 with four mentors on staff and plans to add two more and he couldn't be happier with his new team. "Often times the only human contact techies have on the job is meeting someone when they come to take away their computer to be fixed. Those were not the people I wanted. One of the top qualifications for my employees was having people skills." Bartholomew believes there's a real need for a company like CM IT Solutions in and around Portland.

"Greater Portland has a thriving business community. There are approximately 14,200 businesses and 96 percent of that number is small business, our core demographic," says Bartholomew. "I understand the 'pains' of smaller businesses seeking to stay efficient and pennywise while focusing on their core priorities in serving customers and managing profitability. Technology has created huge cost-saving and market growth opportunities for business if managed right. It should never create obstacles to any company doing what it knows best—yet unfortunately, it often does." CM IT Solutions' slogan is "Your On-site IT Department at a Fraction of the Cost" and that is exactly what Bartholomew hopes to provide for Portland businesses.

Although Bartholomew is just getting his business started, he's already thinking about expansion plans. "I believe the opportunities for expansion in this industry are limitless. A year from now I hope to be operating two additional territories."

Community notices

We welcome your community notices. We will accept notices from nonprofits, government agencies and notices about public gatherings. Please, no prices in notices. Must be less than 300 words and include your address and daytime phone number. Send to: Notices, The Maine Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: cbwdir@maine.me

Maine DOT Announces Fourth Annual Backseat Driver Program

AUGUSTA The Maine Department of Transportation (MaineDOT) is announcing their fourth annual Backseat Driver Program. The program is designed to increase public awareness of the importance of driving safely through work zones, and includes a popular contest open to all fourth graders in the state of Maine. Through this program, fourth graders learn public safety through lessons about Maine roads, traffic signs and work zone safety. The contest is called the Backseat Driver program because it asks students to be "backseat drivers" and encourage their parents to drive safely.

The MaineDOT is asking fourth graders across the state to design a highway safety sign that will be displayed at locations throughout Maine. Seven regional winners will be selected and awarded \$200 to use for any classroom or field trip activity. The regional winners will be posted on the Backseat Driver website, www.mainebackseatdriver.com, where the public votes to choose a winner. Voting will take place from March 15 through midnight on March 26, 2004. The grand prize contest winner will earn \$1,000 toward a classroom or field trip activity. Deadline for teachers to send in their classes, contest entries is March 8. More contest and program information is available at www.mainebackseatdriver.com. The winner of the contest will be announced during a press conference, date and location TBD, at the kick-off of Work Zone Safety Week, April 4-10, 2004.

HomePartners Expands Services

SOUTH PORTLAND Julie Vickers, RN, and Geriatric Care Manager, and Lisa Fuller, co-owners of HomePartners LLC, South Portland, a care giving service for the elderly, would like to announce a new service available to their clients. The creative and much needed Care Assessment Package evaluates the clients' health status and gives recommendations for future care. Complimentary to HomePartners' primary service, this assessment package helps family members regularly monitor their loved ones care and health status and allows them to be proactive in researching and identifying options.

HomePartners Care Assessment Package consists of an onsite assessment of the client's health status and care-giving needs, home safety and suitability, current functional status and need for additional support resources. Findings are summarized and recommendations are based on the assessment as well as the goals and priorities of the client and family. Follow-up visits will be made to evaluate the client's status, to monitor the effectiveness of the existing care management plan, to assess any changes to functional ability and to determine the need for increased or modified levels of care-giving support.

HomePartners LLC provides a community of support for elders living at home so they can maintain their independence and quality of life. Services include planning and cooking meals, grocery shopping, errands, appointments and light housekeeping. Most im-

portantly, however, they offer companionship for their clients while providing their adult children with peace of mind that their aging parent is cared for. HomePartners, a locally owned Maine company, was created in 2000, answering a need in the community for 24-hour non-medical care. With a growing team of over 35 employees, HomePartners is available to meet most requests within the greater Portland area. For more information, please call 767-4944 or Hmeptrners@aol.com.

Valentine's Day Means Roses For Meals on Wheels Recipients

SACO Each February 14 for the past decade, the Southern Maine Agency on Aging's Meals on Wheels recipients have received a red rose with their noontime meal in celebration of Valentine's Day.

In 2003, this gift's previously anonymous benefactor, Loraine Merrill of South Portland, passed away. Thanks to Mrs. Merrill's foresight and generosity, however, the Agency on Aging has received a bequest from her estate that provides for the continuation of this caring tradition, in perpetuity. This year, more than 50 dozen roses will be distributed to homebound seniors on Friday, February 13 in York and Cumberland Counties. This seemingly small gesture of sensitivity and kindness means a great deal to Meals on Wheels recipients.

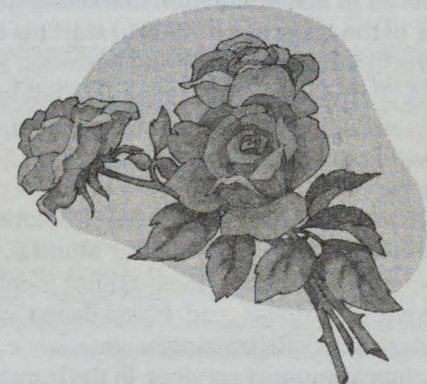


ILLUSTRATION: ART TODAY

The roses will be received and prepared for delivery on Thursday, February 12 at the Saco kitchens of the Meals on Wheels program, located at the Kimball Health Center, 333 Lincoln Street.

Volunteer drivers will present the roses to Meals on Wheels recipients with their regular noontime meal on Friday, February 13. While Mrs. Merrill's gift was anonymous during her lifetime, with her passing and the bequest of her estate, it is now permissible to let recipients know of her generosity and caring.

The delivery and presentation of the roses represents an excellent opportunity for members of the media to accompany Agency volunteers as they bring a meal, a rose and a smile to hundreds of frail, homebound seniors.

For more information or to make arrangements to provide coverage of this heartwarming event, please contact Mary Quirion at the Saco offices of the Southern Maine Agency on Aging's Meals on Wheels Program. Call 283-2472.

Kids First(sm) Center Annual Fundraiser

PORTLAND Our Seventh Annual Auction and cocktail party and special retirement

tribute to Phyllis Givertz by Representative Tom Allen will be held on Friday, March 5 at 5:30-8:30 p.m. There will be deluxe auction items presented by Tom Saturley with live jazz by the Allen Price Quartet. A donation is expected per person. All proceeds support the ongoing work of the Kids First(sm) Center, a non-profit organization providing support for separating and divorcing parents and their children. Please call the Kids First(sm) Center at 761-2709 for more information on this fundraiser or programs and services offered through the Center or visit the website at www.kidsfirstcenter.org.

Compass Project Needs Volunteers

PORTLAND The Compass Project is an experiential learning program for at-risk youth based in Portland, that integrates job and life skills training with boatbuilding, rowing, and sailing. By using boatbuilding as a vehicle to capture the interest of hard-to-reach youth, we provide an innovative educational opportunity to help youth who are struggling with school and are in danger of dropping out. We currently offer three after-school programs with King and Lincoln Middle Schools and Portland High School, and a morning program with Windham Middle School. Students are building skiffs, canoes, paddles, and adirondak chairs. These items will be sold at the Maine Boatbuilders Show to raise funds for the program.

The Compass Project is seeking the help of volunteers for general office help with mailings, fundraising campaign, and help with boat launchings and events. We need staff for the Compass Project booth at the Maine Boatbuilders Show March 19, 20 & 21, 2004, and volunteers are also need for our summer Family Boatbuilding Event to be held July 19 and 20 in Monument Square. Interested volunteers should contact Pat Ryan at The Compass Project, Inc., (207) 828-5289. For more information, visit our website: www.compassproject.org.

Free and Anonymous HIV Testing

PORTLAND Valentine's Day is a great time to remember to love safely, and Frannie Peabody Center is offering free, anonymous rapid HIV testing to anyone wanting the test. It's a simple finger stick test, and results are available within an hour. There will be free snacks, drinks and safer sex materials for anyone who would like them. Gift cards for Coffee By Design will be available as well. No appointment is needed; walk-ins are welcome. The testing event will take place February 12 and 13 from 11 a.m. to 5 p.m. at the Frannie Peabody Center on 615 Congress Street on the 6th floor.

The Frannie Peabody Center, founded in 2002 is a non-profit HIV/AIDS service organization dedicated to providing comprehensive assistance to people living with HIV/AIDS and to their families, dependents and friends. The new Center represents a merger of The AIDS Project established in 1985 and Peabody House founded in 1993, two organizations with long and progressive histories in the struggle against HIV/AIDS in Maine. The Center has offices in Cumberland and York counties and maintains Peabody House in Portland, Maine's only assisted care residential facility for persons living with advanced

stages of HIV/AIDS. If you have any questions, please contact Jennifer Putnam, prevention coordinator at 774-6877, ext. 111.

Sliding Party at Riverside Golf Course

PORTLAND Portland Parks and Recreation will hold a sliding party for youngsters (and their parents) at the Riverside Golf Course (18-hole) during February school vacation—Wednesday, February 18 from 11 a.m.-2 p.m. (weather and snow permitting). Rain date is Friday, February 20. Riverside Golf Course is located at 1158 Riverside Street. In addition to the many hills for sliding, the cross-country ski trails will be groomed for skiing and the Clubhouse will be open for hot cocoa. Parents must accompany their youngsters and participants are advised to bring their own sliding gear and skis. Come join in the fun!

For more information on the sliding party, please call the Portland Parks and Recreation Office at 756-8275. In case of inclement weather, please call our cancellation hotline at 756-8130.

CMP Contest Proceeds Light Up the New Year for Literacy Volunteers

PORTLAND Literacy Volunteers of Maine emerged as the big winner of Central Maine Power Company's sixth annual Holiday Lighting Contest. CMP President Sara Burns presented Literacy Volunteers with a check for \$2,500, the proceeds raised through contest entries and direct donations to the organization in response to the December contest.

"The great response to our contest year after year continues to demonstrate the true generosity of Maine people," said CMP President Sara J. Burns. "CMP has a long history of supporting education initiatives through its corporate contributions program, and we're delighted to continue that tradition through our Holiday Lighting Contest."

In accepting the check from CMP, Stella Hernandez, executive director of LV Maine, commended the utility on its commitment to literacy. "CMP's Holiday Lighting Contest was an invaluable way of promoting the need for expanded literacy services in Maine, and helped to increase the visibility of our organization as a key literacy resource. Our affiliates and volunteers are very grateful for the additional funds, which will support the advancement of literacy around the state."

According to the National Institute for Literacy, less than 10 percent of adults who could benefit from literacy services are receiving them. In Maine, outreach and delivery efforts are further hampered by the sheer size of the state and the geographic distribution of the population.

Literacy Volunteers of Maine provides statewide leadership and advocacy in building awareness about adult literacy issues, establishes local affiliates, and provides training and support to affiliate leadership. Literacy Volunteers affiliates serve communities throughout Maine by delivering free literacy and English as a Second Language (ESL) instruction through one-to-one and small group tutoring. For more information about Literacy Volunteers of Maine and a complete listing of local affiliates, please visit www.lvmaine.org.

quality time

A big part of the way life should be is sharing time with others. Kids discussing what's up at school with their parents, co-workers sharing a joke, chatting with a stranger in the checkout line—that's building community, one moment at a time. Towards that end, we devote a page every issue to humor & puzzlers for all ages. We hope you'll share them with whoever's sitting across from you as you read this—whether it's your son or daughter or the guy at the bus stop.

Funny bone

A Silly Pun

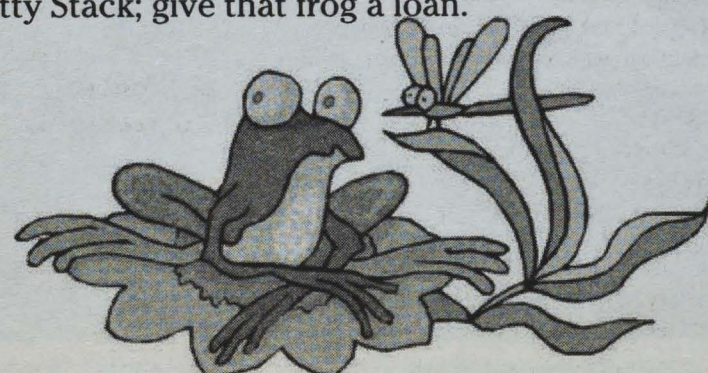
A frog went to get a loan at a bank.

The loan officer's name was Ms. Patty Stack. When the frog told Ms. Stack that he wanted a loan, she asked if he had colateral.

He showed her something that, to her, looked like a marble and said "This is what I have for colateral."

She took it to the bank president and said "There's a frog out there who wants a loan, and this is what he has for colateral (showing him the marble)."

She said "Do you know what this is, and should I give him the loan?" The bank president said "Why, that's a knick knack, Patty Stack; give that frog a loan."



Something to Ponder ...

"Fear less, hope more;
Whine less, breathe more;
Talk less, say more;
Hate less, love more;
And all good things are yours."

Swedish Proverb

LAST WEEK'S
ANSWER >>>

N	F	L	A	C	H	E	A	L	L
O	L	E	P	R	O	W	O	B	E
R	U	N	P	A	L	E	A	D	A
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D	U	C	A	L	J	A	G	E	P
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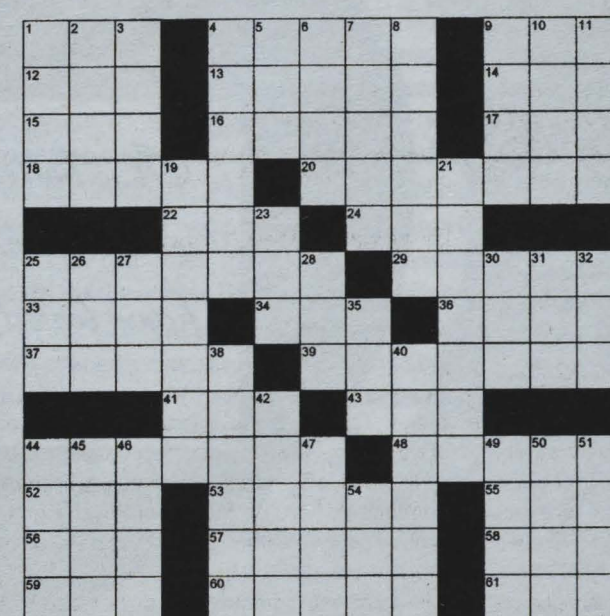


Adopt a Pet: Bear

Cute and wiry, lean and wooly, Bear is a 2-3 year old Airedale/lab mix transferred from an overcrowded shelter in West Virginia. All we know of Bear's past is that his family surrendered him because he grew too large! Bear is an exuberant youngster with a twinkle in his eye and a spring in his step, and new families will have their work cut out for them keeping up with this boy! The Airedale part of Bear's legacy makes him fun-loving, playful, smart and very active. Add the Lab to the mix and you have a dog with unlimited potential for agility, obedience, fieldwork or all around athletic companion. Bear tested positive for heartworm disease and has successfully completed vinex Bear of that! Ideally, Bear would be kept quiet for the next four months while the muscles around his heart heal. We have seen Bear in action, and know that while this is an unrealistic expectation, it is an admirable goal. Bear is too keenly intense with cats to live successfully with them, and his youthful exuberance makes him a poor fit for homes with young children who may take time away from Bear's exercise and training needs. Bear is unschooled as yet, and his manners are still a bit shoddy, but in the right hands, Bear can be molded into a charismatic showman who loves an audience! Bear is working on being less grabby with food and is making excellent progress. If you are ready for this dog, you will not be disappointed. Bear is a transfer dog. His adoption fee is \$125.00 to defray the cost of transportation and vaccinations for the shelter of origin.

Bear is available for adoption from the Animal Refuge League, 499 Stroudwater Street, Westbrook. (207) 854-9771 or www.arlig.org.

Crossword



- 27 Red, Ross, Salton, etc.
- 28 Physician
- 30 N. Am. Indian tribe
- 31 An Ethiopian ruler
- 32 Her
- 35 Unit of electrical conductance
- 38 Grills
- 40 S. CA town
- 42 Jewish scripture
- 44 Ruler in India
- 45 Decorative needle case
- 46 Unpopular NY Yankee Bucky
- 47 Father
- 49 Bugs hate
- 50 Eight
- 51 Discharge
- 54 It is proven

ACROSS

- 1 Pilgrimage to Mecca
- 4 Detective Dick
- 9 Abe Lincoln, e.g.
- 12 Not asked of a lady
- 13 Eagle's nest
- 14 Gullible guy
- 15 Regret
- 16 Sung story
- 17 TGI_ (abbr.)
- 18 Cola
- 20 Plastic paint
- 22 West southwest
- 24 G. Wallace home (abbr.)
- 25 Not satisfied
- 29 Belonging to you
- 33 _ Paul Stookey
- 34 Male cat, turkey
- 36 Beehive State

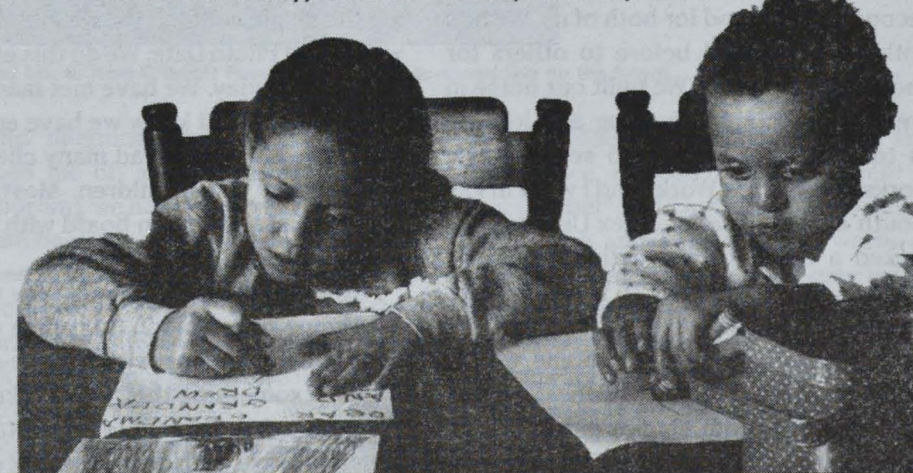
DOWN

- 37 Toothbrush brand
- 39 Lang. spoken by 1.2 billion
- 41 Scrap of food; morsel
- 43 Fort _ Monterey, CA
- 44 Giant tree
- 48 Vigor, vitality
- 52 Dined
- 53 Iranian's neighbor
- 55 Intent
- 56 Wedding month (abbr.)
- 57 Encumbered
- 58 Three
- 59 Little island (archaic)
- 60 Hot day destination
- 61 A.K.A. dot
- 1 Adolf Marx instrument

- 2 Fever, shivering
- 3 Gen. Purpose Vehicle
- 4 Follower of Lao-tzu philosophy
- 5 Tom Allen, e.g. (abbr.)
- 6 _ 51, for instance
- 7 Approximate date
- 8 Annually
- 9 Football league '83-'86
- 10 Draped silk dress
- 11 _ and span
- 19 Just one doesn't make a summer
- 21 Cameroon capitol
- 23 Damp
- 25 Card game
- 26 Its cap: Oslo (abbr.)

From the Fridge to Quality Time.

Want to share your kid's jokes or drawings? Send contributions to The Maine Weekly, 11 Forest Avenue, Portland, ME 04101.



for your Valentine ...

"It is better to have loved
and lost than never to
have loved at all."

— Alfred Lord Tennyson

Photo Date Valentine

by Linda Allard

Some people already have their Valentine. I would like to tell you about mine (Norm). Approximately 11 years ago I answered an ad from Brunswick, which appeared in a local dating magazine in the area. At the time I was living in Biddeford. We were married about one year after I answered his ad. That was the beginning of my new life! Little did I know at that time that by answering his ad, how it would change so many lives that we would eventually come in contact with.

We saved for a home, as this was the second time around for both of us. We had both been married before to others for about 23 years each. We built our home in Freeport after much looking and looking as to where we wanted to settle. Norm works at Bath Iron Works and I work in Falmouth in the office for Altex Uniform. We picked a town to live in that would be about the same distance to travel to work for the both of us.

After settling in our new home we decided to start a home business. I had started a non-profit singles group in Biddeford while living there, so the idea of a

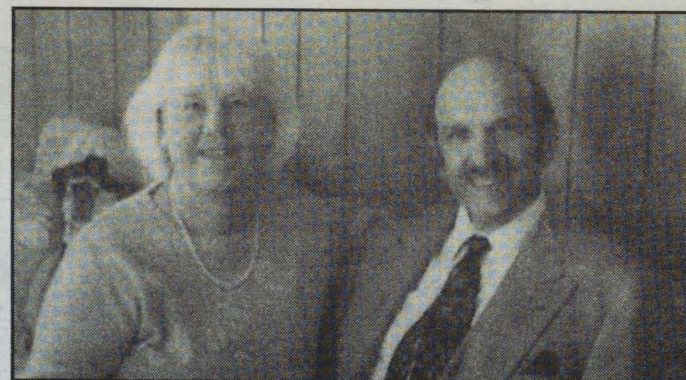
dating service came to mind.

We cut expenses by not having to pay office rent anywhere. That was a huge help. We started from a small shoebox in our family room, then when we had the space, we turned an extra bedroom into our office. We started once we moved in our office like file cabinet's etc. and used an old table and chairs for our first desk. What we made each month at the time, we put into running ads and getting the word out about us. We also put out three *Glance* magazines over a period of time to introduce our members to other singles.

So now after almost nine years in serving the single community, we are glad that we started Photo Date. We do this evenings and on Saturday. We have met many wonderful people and know we have enriched many lives. We have had many clients get married and have children. Most of our clients that we have on board with us now are in the age range of 30 to 80.

We feel that Photo Date is very unique, as anyone can come in our office with an appointment and just visit with us and see if this is something they would like to do. We offer a free 30-minute consultation at which time we will show photos of current

**People need love
no matter what
age! Take advantage of
everything—you just
may find your
Valentine for life!**



Linda and Norm Allard in their Freeport home, also the home of Photo Date.

members as well as profiles. Members can bring in a favorite photo of themselves, or we take pictures, which is also included in our service.

Starting this February, Photo Date will offer a guarantee to all new members. I am also a Notary and have performed many marriages. Most of them are done at my home on my back lawn in the summer and I also will travel to anyone if need be. It was Norm's idea that I become a Notary; he said "if we put people together we should also offer the service of marrying them also."

Since the day I answered Norm's ad it has been a big change in our lives. We have traveled together to get the word out about Photo Date to different towns. We

have done open houses in different parts of Maine. We now stay home-based as we found it including photo board, decorations etc. We now cover the entire state from our home, which is much easier. For people living a long distance away, we offer applications by mail, but we prefer to meet people face to face. For 98 percent of all our clients, we are able to give feedback, which I feel is necessary.

In closing I would like to say that if you are single and want to meet someone, don't give up the ship. There are single groups out there as well shopping for a mate in our photo albums. People need love no matter what age! Take advantage of everything—you just may find your Valentine for life!

Just you, me and a manatee



The manatee, or sea cow, is an endangered species. PHOTO PATRICK M. ROSE, SMC

by Save the Manatee Club

How about a BIG token of your appreciation this Valentine's Day? Share your love by adopting a manatee for someone special through Save the Manatee Club (SMC). For just \$35, each new member who joins the Adopt-A-Manatee program online will receive a manatee adoption packet and a free T-shirt, while supplies last, with the SMC logo on front and a unique design on back that shows manatees in a "laid-back" Florida setting. Also included is a personalized Valentine's Day gift card and message. It's a heartwarming expression that will last throughout the year and help protect an endan-

gered species at the same time.

Manatees weigh an average of 1,000 pounds and measure 10 feet long or more. These large, slow-moving, aquatic mammals are known to have sweet dispositions and a curious nature. Manatees spend most of their time eating, resting, and traveling and can be found along the southeast coast of the United States. Warm water is crucial to this migrating species, and that is why manatees are located primarily in Florida in the winter months.

There are 29 manatees in SMC's Adopt-A-Manatee program. Nineteen manatees live in the wild and migrate each winter to a natural warm water spring at Blue Spring State Park, near Orange City, FL. Five fe-

male manatees live permanently at Homosassa Springs Wildlife State Park in Homosassa, FL, and five manatees frequently seen in Tampa Bay and along the west coast of Florida are also available.

Some of the manatees in the adoption program at Blue Spring include Brutus, Lenny, Nick, Phyllis and Paddy Doyle. Brutus is one of Blue Spring's largest manatees, weighing in at almost 1,800 pounds. Lenny is often referred to as the "couch-potato" manatee as he prefers rest to other activities. Nick is affectionately known as "Crazy Nick," because he has been known to head north when all the other manatees are heading south for the winter. Phyllis, a faithful visitor to Blue Spring, has given birth to twins, a rare event for manatees. Paddy Doyle bears the distinction of being one of the feistiest manatees in the Blue Spring area.

The manatees in the adoption program located at Homosassa Springs Wildlife State Park include Amanda, Ariel, Betsy, Rosie, and Lorelei. Amanda was rescued after suffering severe injuries from a motorboat propeller. Her daughters Ariel and Betsy are also in the Adopt-A-Manatee program. Rosie is a sweet, gentle manatee known for watching over young manatee orphans who come to reside at the park. Lorelei is gentle as well and is often seen resting with the other manatees.

Several manatees frequently seen in the Tampa Bay area and along the west coast of Florida can also be adopted. The manatees in the Tampa Bay program include Elsie, Flicker, Ginger, Jemp and Vector. Elsie is easily identified because her tail was badly mutilated from an encounter with a

boat propeller. Flicker is a female manatee and has a series of small propeller scars that remind researchers of flickering flames. Ginger has been seen every summer since 1994 in the Marco Island area of Florida. Jemp travels a wide range of Florida's west coast, and Vector is also a traveling man(atee)! He has been tracked as far north as the Suwannee River.

Approximately 3,000 manatees remain in the United States today, and they are listed as endangered by the U.S. Fish and Wildlife Service. SMC's Adopt-A-Manatee program helps to fund education and public awareness endeavors; research, rescue and rehabilitation projects; and advocacy and legal efforts to help protect manatees and their habitat. SMC was established in 1981 by U.S. Senator Bob Graham and singer/songwriter Jimmy Buffett.

A manatee adoption packet includes an adoption certificate, an underwater photo, a biography of the adopted manatee, and a membership handbook with information and photos for the manatee enthusiast. A subscription to the Save the Manatee Club Newsletter is included and features updates on the adopted manatee throughout the year. As you can see, one of the sweetest ways of saying "I Love You" on Valentine's Day doesn't have to involve chocolate at all!

For more information on manatees or the Adopt-A-Manatee program, or for a free manatee protection tips packet contact Save the Manatee Club at 500 N. Maitland Ave., Maitland, FL 32751 or call 1-800-432-JOIN (5646), or visit their web site at www.savethemanatee.org.

Falling in love

by Luiza Brown

I accepted a position as coordinator of a conference for middle schoolers at a conference center on the coast of Maine in the summer of 2000. I was born and raised in Los Angeles and had never been to the East Coast so I was excited about the opportunity to visit Maine.

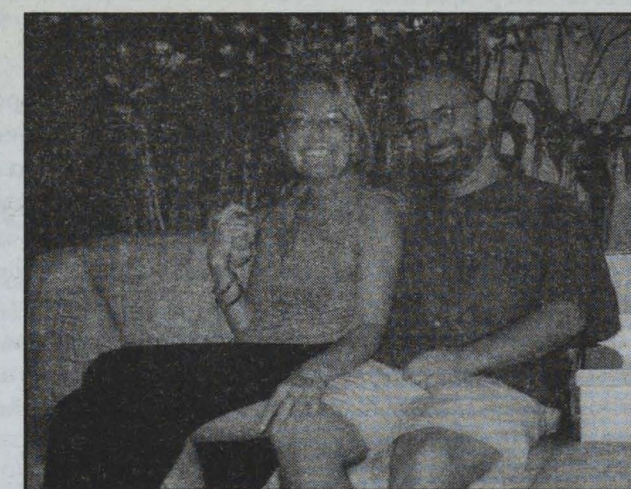
I was immediately taken with the beauty of the sea, the woods, the salt marshes ... nature's wonders all around. What a treat for my city-weary senses! And the people I met were so warm and genuine, unlike most of my fellow Angelenos who are not so friendly. Life in a big city tends to make people a bit jaded, even suspicious of smiling strangers. (Only the waitstaff in LA are "friendly" and there is nothing genuine about that; they are all actors!) I cannot describe how fabulous it was to be in such a clean, beautiful and tranquil place.

I was pleasantly surprised to find that the conference center served wonderful vegetarian food; I'd nearly starved on a trip

to the south once and didn't know what New England fare would have to offer. I made a point of meeting the chef and letting him know how much I appreciated the wonderful meals. He was a very pleasant guy with a great sense of humor and before I knew it, we were finding reasons to chat whenever we could.

The kids at my conference soon discovered my "secret" and word got out that Luiza had a crush. They decided it would be a great idea if he were my "date" for our last night's gala performance. They were right! He accompanied me to the show, which was marvelous! And the next day after all the kids had gone home, he asked me if I'd like to take a drive up to see "the most beautiful place in Maine". Since my flight back to California wasn't until early the next day, I said I'd love to go.

We took a drive to Acadia and he was not kidding. It really was the most beautiful place I'd seen. The coastline reminded me a bit of northern California, rugged and full of power. We spent the whole day talk-



Mrs. and Mr. Richard O'Brien: From a secret crush to a wedding on the beach.

ing and laughing and by the time he dropped me off at the airport early the next morning we had decided that I needed to come back for a visit soon. I returned a few weeks later and we spent a very romantic week together during which time we realized that this was much more than a "crush" and that we wanted to spend our lives together.

I went back to LA just one more time, to pack up my things and make arrangements to move to Maine. My children, who were

**The kids at my
conference soon
discovered my
"secret" and word
got out that Luiza
had a crush.**

both in college in California at the time, have since relocated here as well. My "happy chef" and I bought a wonderful old house in a small town full of warm and friendly people and we were married last November on the beach at the conference center where we first met and fell in love. We look forward to many years of happiness here in Maine; "the way life should be!"

Mrs. Richard O'Brien

Spring is coming and not a moment too soon for SAD sufferers

by Tom Keene

Even with spring right around the corner—at least according to the calendar—it might still be some time before the hundreds of Mainers who suffer from Seasonal Affective Disorder (SAD) can enjoy life the way they do in the warmer months of the year.

Since the disorder is directly related to the amount of sunlight available during the day, it's understandable that the figures range from about 1.4 percent in Florida to nearly 10 percent in New Hampshire. Although no firm figures are available for Maine, it's likely that under two percent of the population suffer from SAD itself, with many more afflicted to varying degrees by subsyndromal (not necessarily SAD) winter depression.

What is Seasonal Affective Disorder?

According to the *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*, SAD can be summarized as a depressive episode that begins at a specific time of year, is not related to "specific yearly stressors," like school or seasonal unemployment, and ends or changes at a certain time of year.

Generally, this depression begins in the fall and ends in spring, but research has shown that SAD affects a few people during the summer.

Some of the earliest research was done by Dr. Norman E. Rosenthal, a native of South Africa who began work as a researcher for the National Institute of Mental Health (NIMH) in the late 1970s. Dr. Rosenthal is the author of *Winter Blues*, in which he suggests that as many as 10 million Americans may suffer annually from SAD; he also states that 14 percent more of the population may be afflicted by a less severe kind of SAD called "winter blues," or subsyndromal SAD. With perhaps 10 million people with SAD and another 25 million suffering the "winter blues," 35 million Americans spend each winter not only wishing for spring, but enduring life rather than enjoying it.

What causes SAD?

There are a number of theories, most of which come down to the simple fact that when the natural light of long summer days gives way to the short, dark days of fall and winter, a certain percentage of people become depressed and less able to function. Studies have shown that the farther from the equator one lives—and therefore the less sunlight received during the day—the greater the incidence of SAD.

It is known that genetics play a role in SAD, since 60 percent of those suffering SAD have relatives who experience some form of depression, either seasonal or non-seasonal. Just as in many other diseases and disorders, from cancer to diabetes to obesity, it's often who you're related to that leads to physical and mental illnesses.

One theory of a contributor to SAD is an abnormal circadian, or daily, rhythm. This built-in "biological clock," found in almost all forms of life from plant to animal to human, keeps us in harmony with nature and the rhythms of nature's timing. Because of this internal clock, bears hibernate in winter, crocuses bloom in spring, and humans eat and sleep regularly.

Bears will usually hibernate regardless of the weather, and crocuses will push through snow when their inner alarm clock rings, and most people adjust to the change in sunlight from season to season.

Scientists are actively researching the role of melatonin in SAD. Melatonin is a hormone which the body releases into the bloodstream at night; it is thought that such activities as our sleep-wake cycles, blood pressure and pulse rate are affected by this hormone. However, most doctors and others who treat SAD warn that melatonin supplements aren't regulated by the FDA and that neither effective doses nor possible side effects are fully understood.

But for some, shortened days and longer nights lead to the depression called SAD. When the light dims and fades, as many as 35 million Americans fall into a gloom that lasts all winter.

Who suffers from SAD?

The majority of SAD sufferers are women. In fact, research indicates that from 70 to 80 percent of those who suffer from SAD are women; the theory is that since women are generally somewhat more susceptible to depression, incidence of SAD is higher among them.

It's also known that some children and teenagers are affected by SAD; studies have shown that from two to six percent of those aged nine to nineteen suffer to some degree each winter.

There is also much research being done with people suffering from Alzheimer's Disease; one of the symptoms of the disease is called "sundowning," which causes a dramatic change in one's mental and emotional state in the evening and during the night. Combined with the disruptive effects of SAD, these people are understandably becoming a focus in the use of light therapy.

Symptoms of SAD

SAD symptoms usually appear every year, beginning between September and November, continuing until March or April. The symptoms can appear either quickly or gradually in the fall, and disappear in the same way in the spring. Depending on the amount and intensity of light, symptoms can arrive and depart in a period of just a few weeks.

If any of these symptoms recur three years in a row, a doctor will generally make a diagnosis of SAD, based on a set of standards used by the American Psychiatric Association:

Sleep disruptions—Oversleeping, difficulty staying awake, disturbed sleep.

Changes in eating habits—Craving for sweets and carbohydrates, which often results in weight gain.

Depression—Loss of self-esteem, feelings of despair, apathy.

Anxiety—Increased tension, along with a reduced ability to deal with stress.

Lethargy—Being unable to maintain a normal routine of daily living; a sense of constant fatigue.

Social disruptions—Reduced willingness and desire to be with people.

Other symptoms may include—Irritability, loss of libido, inability to think clearly.

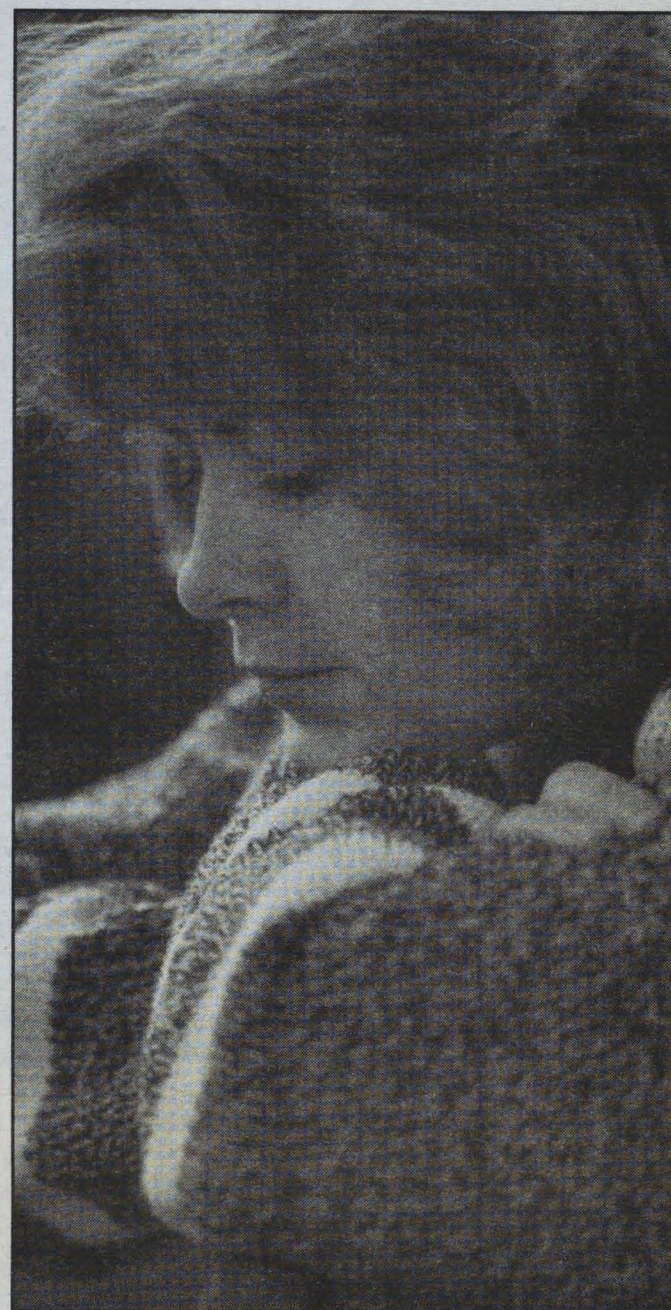


PHOTO ART TODAY

Treatment of SAD

The most common treatment for SAD is phototherapy. A very bright light is used to provide a level of light similar to that of a clear spring morning. Most people find that sitting in front of such a light for up to an hour in the morning provides significant relief. Since the intensity of home or office lighting ranges from 250 to 500 lux, and the minimum dose required for effective phototherapy is 2500 lux, one of the many commercially available products is recommended.

Research has indicated that as many as 80 percent of SAD-sufferers will find relief from the use of a light box, even without any other treatment.

It is estimated that about half of insurance plans will pay for the cost of a light box, but only after diagnoses of SAD and the prescription of the therapy by a doctor.

Spending as much time as possible outdoors during the day during the winter months can be very helpful. In fact, several studies have recommend a brisk midday walk or a visit to a ski slope may be effective in relieving some of the symptoms of SAD.

Some other suggested activities include exercise and the scheduling of regular social events, and dietary changes. In addition, some doctors prescribe antidepressants to treat the symptoms of SAD.

press box

High school basketball returns to Maine PBS for 25th season

by Rhonda Morin

Maine PBS begins televising its 25th season of the Maine Principals' Association Invitational High School Basketball Tournament on Wednesday, February 18. This season marks exclusive statewide coverage of all four classes from regional semi-finals to state finals on the television stations of Maine PBS. It is also the first year the station will air the games on its digital channels.

Maine PBS' basketball coverage has expanded to a total of 56 games with the addition of eight Class A boys and girls Eastern and Western semi-final contests. This is the first time Maine PBS has carried the Class A, semi-finals. The extra broadcasts are made possible in part by True Value and other generous contributors.

Viewers have more choices this year when watching the tournament. Two of Maine PBS'

four digital channels will carry the Western and Eastern games. Those with a digital set top box, digital cable or a digital television, can tune into two different games simultaneously. Regular PBS programming will be available on a third digital channel. Coverage of high school basketball on public television began in 1979 on the stations of MPBN. In 1992, when MPBN and WCBB in Lewiston merged into MPBC, the coverage expanded to statewide. In addition to the televised games, Maine PBS posts games and score results, and the complete schedule on its Web site at www.mainepbs.org.

Major funding for production of the Maine Principals' Association Invitational High School Basketball Tournament, on Maine PBS, is provided by True Value. Additional support is provided by Oakhurst Dairy, MEMIC, Hammond Lumber, Anthem Blue Cross and Blue Shield, NextGen College Investing Plan, Machias Savings Bank and Quirk Chevrolet.

Women's Football Returns to OOB

by Karen Mercier

The Southern Maine Rebels, Maine's newest women's football team, names Old Orchard Beach home field for its 2004 inaugural season. The Rebels formed from a group of seasoned players who are dedicated to building and supporting the sport of women's football in Maine. "We are building a competitive and financially sound foundation—ready to make women's football a prominent sport in the state," says co-owner Karen Mercier of Saco.

"We are very excited to be working with the Rebels. We wish them the best and are happy to bring women's football back to OOB," states OOB Superintendent Jay Bartner. Co-owner Mariette Harpole of Sanford also feels very confident about the Rebels/OOB partnership. "We contacted several sports facilities and schools throughout Southern Maine and OOB was the first one to welcome us with open arms. They have been very accommodating and have a genuine interest in promoting women's football. To-

gether we believe we can grow the sport and provide affordable entertainment for all."

The partnership with OOB and the Rebels' recent acquisition of Head Coach Chris Kempton will prove to be a great building block for the sport. The Rebels will leverage Kempton's prior coaching experience at Colby College and Winthrop High School to augment the players' knowledge and skills of the sport. Kempton is empowered by the opportunity to lead women in this sport. His commitment, leadership and enthusiasm will be the core catalyst in the success of this team.

The Rebels were accepted into the Independent Women's Football League (IWFL), a 501 C6 non-profit organization, last August. The league has 31 member teams from Sacramento, California to Montreal, Canada. The Rebels are in the North Atlantic Division and will face the NY Sharks, Montreal Blitz, New Hampshire Freedom and Albany Night-Mares this season. The first home game is scheduled for April 24 against the New Hampshire Freedom. For more information see their website: www.southernmainerebels.com.



Cail MacLean (12) of the Bridgeport Sound Tigers lifts Andrej Podkonicky (41) off the ice during a recent Portland Pirates game at the Cumberland County Civic Center. PHOTO TOM KEENE

Non-profit news Maine Organization Seeks to End Homelessness by Eradicating Poverty

by Jan Lightfoot Lane

For its 20th anniversary, the Homeless Crisis Hotline here is attempting to put itself out of business in four years. This will be accomplished, starting in 2004, by taking a large step toward ending the myths of poverty.

This nonprofit is calling for volunteers to assist with the posting of flyers. It is asking for people with media contacts to carry the words "America has the resources to end being underpaid, and poverty" in newspapers, print and broadcast media. It is asking for donations, to help us get out the word: "By 2008, world poverty can be a nightmare of the past." It's not a lack of funds which has entrenched the world in human lack. It's attitudes. Our attitudes create our reality.

Hospitality House Inc. is the only nonprofit I know of aiming to put itself out of work by

eliminating the need. Organizations such as the Salvation Army and Red Cross, which have been around for over 100 years, do great work. Yet, they are not endeavoring to address the root cause of human need. The challenge is to the caring public. The request is for the public to collectively donate a total of \$100,000 for this cause to Hospitality House Inc. before Valentine's Day. The still struggling nonprofit will launch its anniversary celebration by educating those willing to learn the history of poverty and how to end it.

While services do a great job of getting part of the need to some people, it fails to address the full requirement to ensure everyone is housed and everyone is fed. Working families with paychecks not covering their comprehensive basic needs cost all taxpayers more. It little matters if it's the state, federal or private programs doling out dollars to make up a percentage of the deficit between rent, food,

heating, health and transportation costs, and the paycheck or welfare, or disability, it's too little cash, to too few people. The solution is for social services to spend money wisely. This was the finding of Hospitality House Inc., along with other activist groups nationwide.

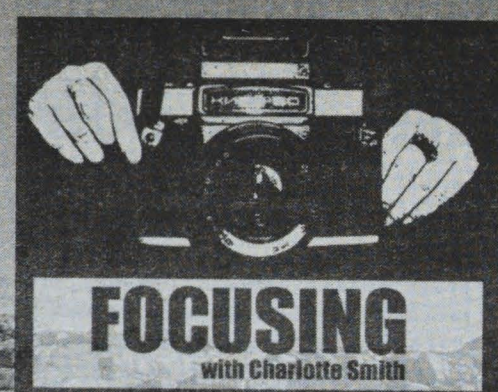
Giving too little to too few is penny-wise and dollar-foolish. While increments of assistance saves taxpayer money in the short run, it cuts the work force. From operating our hotline we found increments of help results in families becoming homeless for the lack of \$100. But to recover from this bout will cost the taxpayer and the family around \$1,200. A dozen families could have been helped to remain safely housed, for what it now cost to relocate one family.

In 1986 it opened and ran a homeless shelter for two years. The organization has kept true to its aim of helping those in need by operating the Statewide/National Homeless Cri-

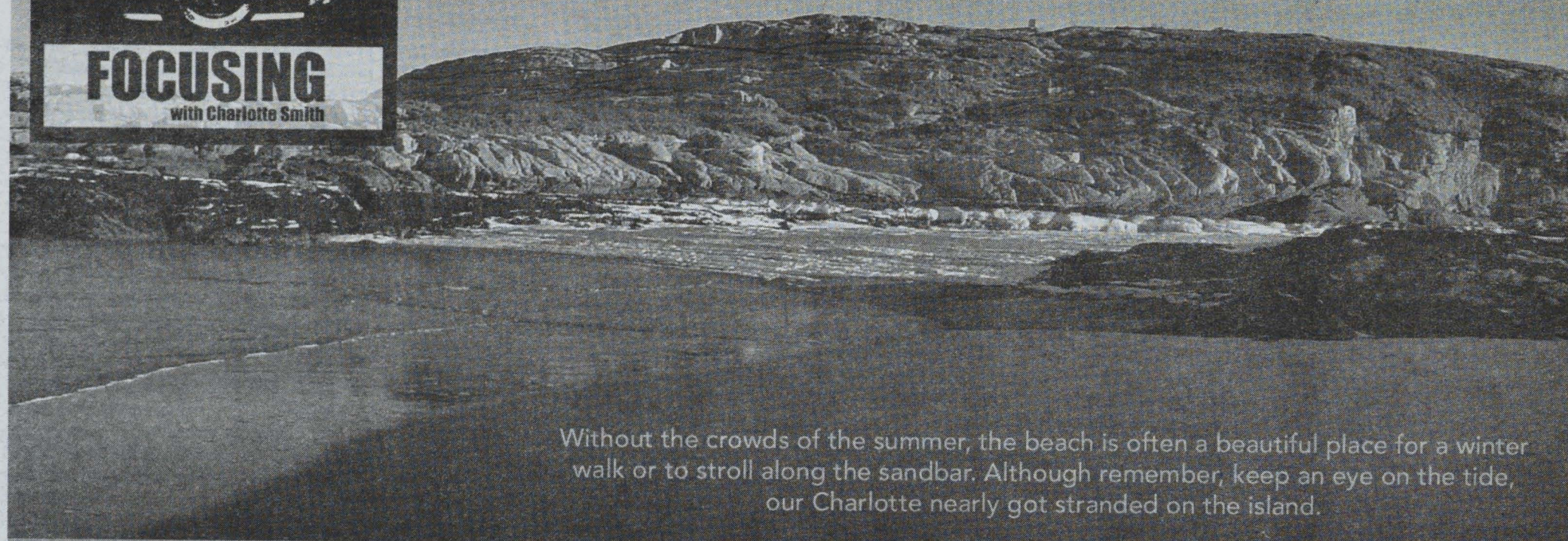
sis Hotline since January 1989. The calls to the hotline demonstrated a need for welfare personal to be reachable on holidays and weekends.

Jan Lightfoot Lane will be available to speak to church, fraternal or maternal groups, or schools throughout the state. There will also be a booklet an overview on the history of poverty. In their 20th year, Hospitality House Inc. will focus upon informing the public that society has yet to arrive at the correct answer to protect the well being of all citizens, no matter their income. We project the accurate solution to poverty will cut the taxpayers burden, as well as make life better for all.

For more information, contact Jan Lightfoot Lane, Hospitality House Inc., P.O. Box 62, Hinkley, ME 04944, or call (207) 453-2986 or 453-2353.



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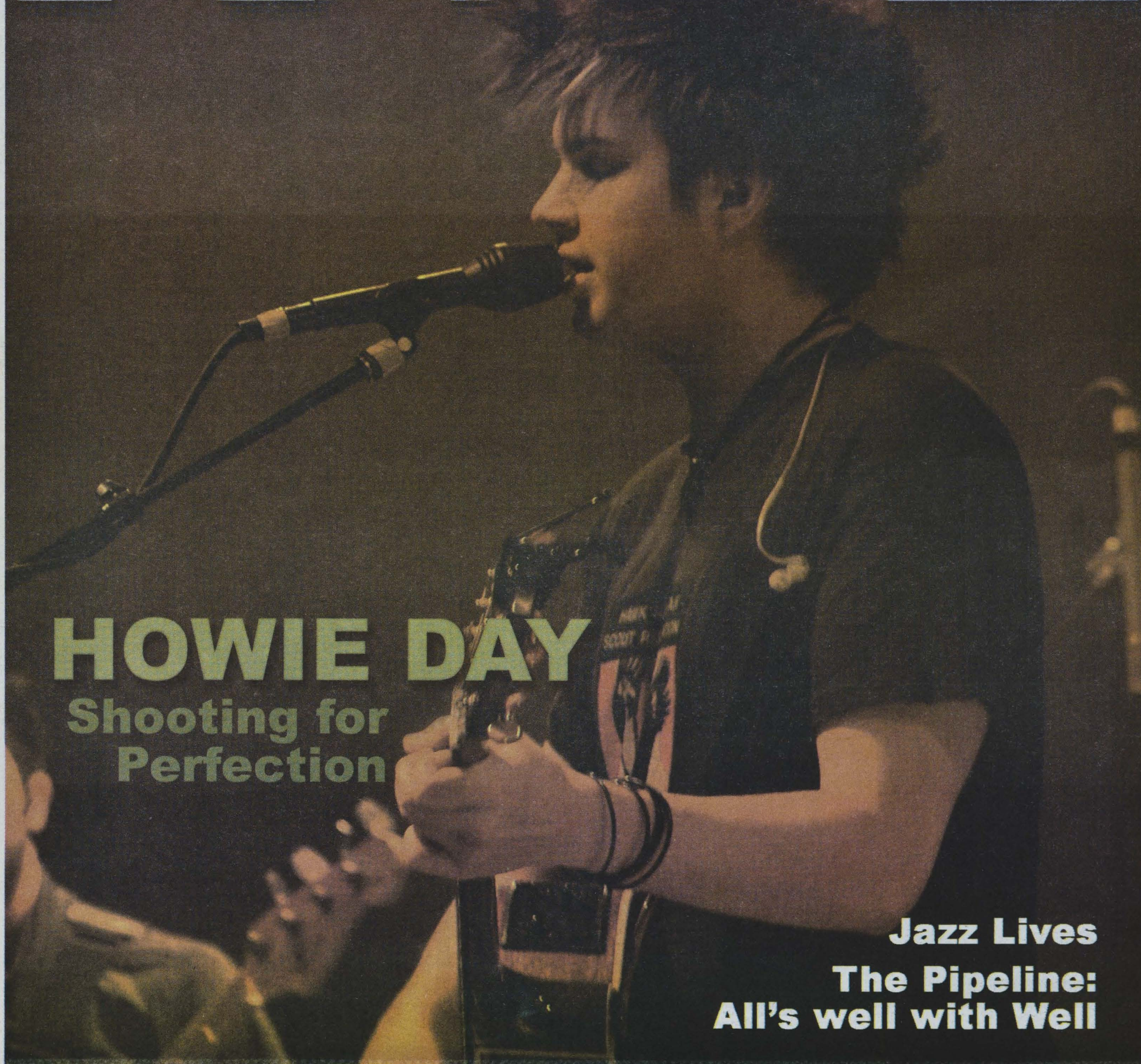
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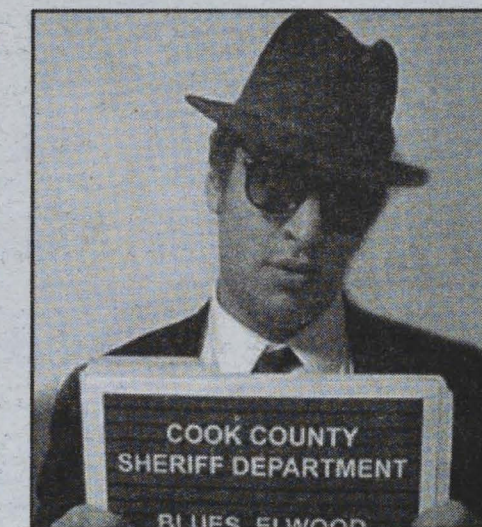
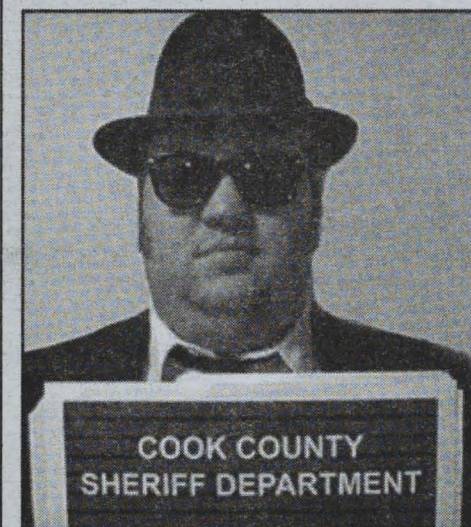
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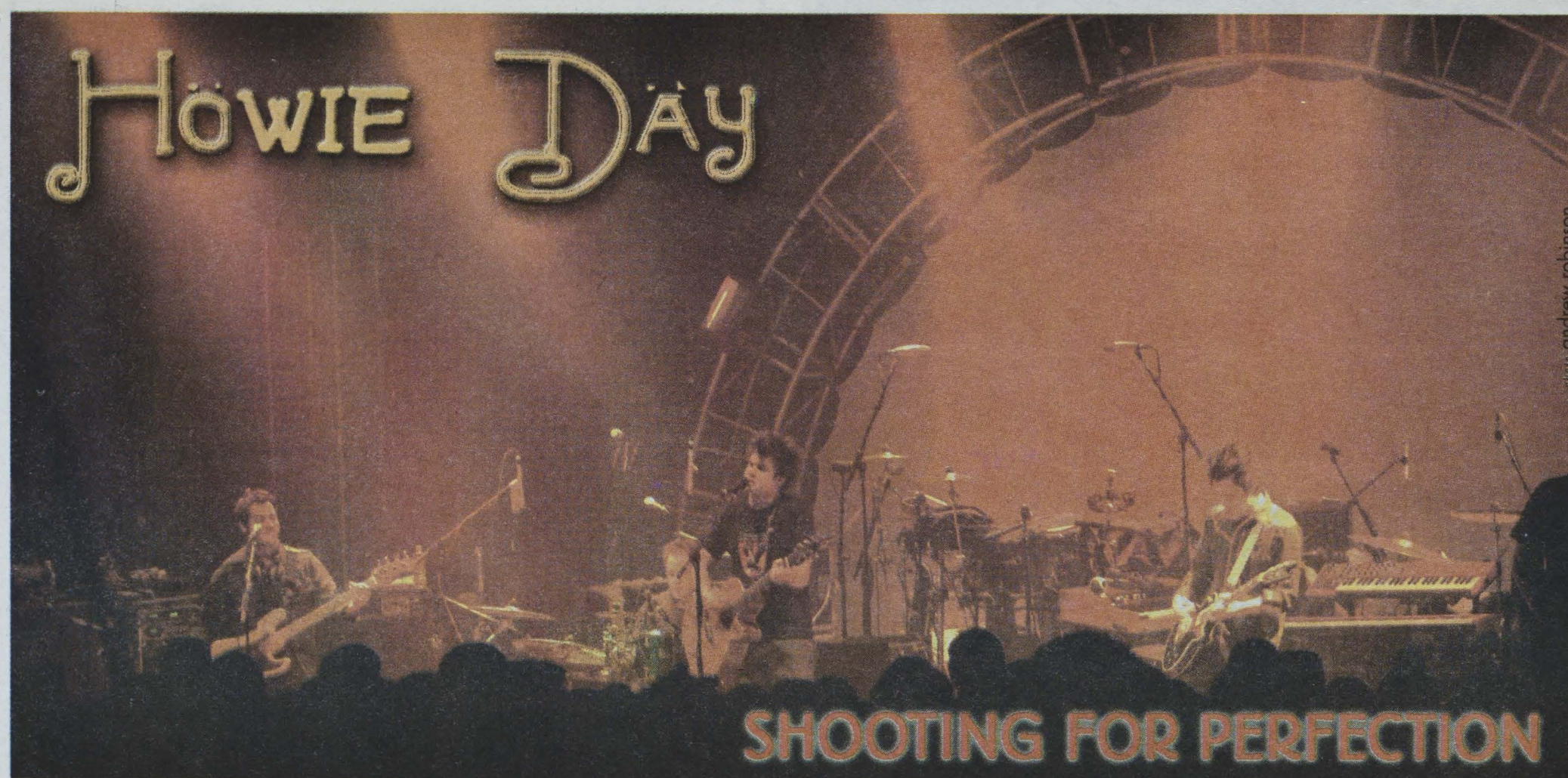
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"The entire economy of the Western world is built on things that cause cancer." -From the movie *Bliss*



interview by Heath Clendenning

Howie Day is at a very good place in his career. The guy is a twenty-two year young veteran of touring and screaming girls, um, I mean fans—he has two national albums of which the latest made its mark in the enviable *Billboard* Top 40 list. With numerous awards under his belt (see: Boston Music Awards) as a once solo singer/songwriter, Howie wanted to shake things up a bit. He decided to find a band to escort his music to the next level, specifically live performances.

I got a chance to catch up with Howie after his January show with Guster at the State Theater in Portland.

FACE: So obviously I am going to ask about the new backing band. How do you like performing with them, and whose idea was it to bring in musicians?

Howie: Well, I've always wanted to do it, and I've been thinking about it for the last couple of years, you know, I just wanted to make that leap—'cause it kinda is a leap—especially coming from being a solo artist forever, since I was like 15 or 16. I always knew it was inevitable, I didn't want to be a solo acoustic artist forever. It did time well with the new record coming together, but it felt more natural than anything else.

Take a second to think about what kind of decision that would be. Imagine sharing music that has been exclusively composed in all facets by yourself, then opening up enough to allow other musicians to be part of the personal and creative landscape that shaping music has become. Sounds pretty damn brave to me. Sounds like a gamble too.

FACE: What were the biggest differences in pre-production, writing and recording *Stop All The World Now* from your previous release, *Australia*?

Howie: Well, *Australia* was a nearly all self-financed thing. We had a producer, but it was pretty low-key. This [album] I had time off to write the songs, you know, the first time in a long time. I would have little breaks to go home and write specifically for this album, which was really nice.

FACE: Was it different writing lyrics this time—knowing you would have a lot of people sitting down and reading your words intently: studying your music like it was their job?

Howie: Oh yeah, I mean, even the most prolific songwriter only uses about half their songs so, you know, I had fun with it. I started with demos and then sequencing and you start to get just obsessed with the record, which is what making a record is anyway—shooting for perfection.

There is no denying that Howie Day is something of a local phenomenon. With so much attention given to southern Maine artists, Bangor-born Howie is sometimes seen as an 'outsider'—ostensibly to his benefit. [Authors note: As this article is being written, Howie is playing the Rocket Club in Milan, Italy. The kid gets around.]

FACE: How did you get on the *I Am Sam* movie soundtrack?

Howie: That's actually a pretty strange thing. I was in New York at a show, and then there was an after party that I attended. So I go and get a drink and ran into Andy Gershon, who is the president of V2 Records and we start to talk, and he explains how he is doing this soundtrack that's all Beatles covers. So, I'm like, you should have called me, and then he says, "Well, what are you doing tomorrow?" So the next day I went in the studio and recorded "Help" for the soundtrack. I was at the right place at the right time.

"...it's one of those times you just step back and are like, wow this is great, you know, a kid from Maine, a record in the top 40, I'm 22, it's like—'good job Howie!'"

Harold Taylor said "The roots of true achievement lie in the will to become the best that you can become." Howie Day has just begun, yet achieved so much. Is Howie more genuine of an artist than the average Joe, strumming along at any given coffee shop? Of course not—for music is never about the intent, it's the content. Howie is purely growing his roots.

FACE: What was it like to see your album in the *Billboard* Top 40?

Howie: [Big Smile] It was pretty good. [Laughs] It was one of those thankful moments, 'cause you spend so much time working out your strategy to get to the next level, so it's one of those times you just step back and are like, wow this is great, you know, a kid from Maine, a record in the top 40, I'm 22, it's like—'good job Howie!'

FACE: Do you have a favorite song to play live?

Howie: Well it is always changing, week to week, night to night, you know it's different for me than the crowd, but I would say right now it's "Collide"... maybe "Numbness For Sound."

FACE: After all the great shows, articles, attention, and dedicated fans, do you still take to heart what critics say, specifically *Rolling Stone*? [Note: *Rolling Stone* reviewed *Stop All The World Now* in their Nov.13th, 'Strokes Cover' Issue. RS Quote: "...he is a singer songwriter for the Backstreet generation." RS gave the album 2 out of 5 stars.]

Howie: It always affects you, but I've learned to shut them out. I can tune out things like that. When it comes to your music, it's personal, you know. But that's just one person's opinion. Obviously I'm still playing out, and that's all I've ever wanted to do, so I'm cool with it.

His latest release has put him in contention for success among the preeminent music 'stars' of this generation. Howie exudes confidence in his future, and in the music he loves so dearly. He is very much at home with his choices, and luckily for us, his choices have brought him home. See Howie Day at the State Theatre in Portland with the Stereophonic's on Saturday, Feb. 14th.

The fans nationwide—scratch that—worldwide, are patiently waiting for what's next.

"Television has raised writing to a new low." —Samuel Goldwyn

TOURISTS AND CAMPERS

Three of the "institutions" that are responsible for much of the vitality of the local jazz scene have remained active as we slog through winter and into a glorious spring (you know it will be).

The University of Maine at Augusta jazz program has long been an educational resource for those youngsters who hear the call of this wild music that's so fundamentally, in an all-inclusive sense, American. Offering concentrations in Music Performance, Composition and Audio Engineering, the folks at UMA are a dedicated bunch.

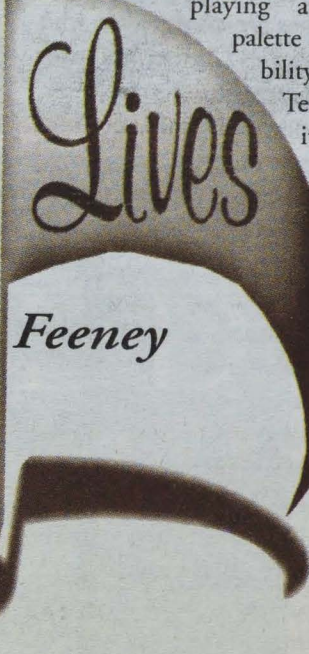
To put their performance and composition skills on display, the UMA Jazz On Tour program, made up of student players, has been appearing at various venues and on TV and public radio for a number of years. I caught the latest incarnation of the group at a Saturday night gig in Portland on January 17.

Directed by UMA professor Steve Grover, a well-known composer/bandleader/player in his own right, the student sextet filled the small stage of the Starbird Music hall with a lot of challenging jazz. The band, made up of Chris Pert on trumpet, Brendan Newell on alto sax, Jon Luoma on amplified viola, Tom Mueller on piano, Cassidy Holden on upright bass and Sam Yawdik on drums swung through a classic plus several originals by band members and

Grover during the set I heard.

As with most groups made up of young players who haven't worked together a lot and are still learning how to play, there were some rough transitions and unintentionally strained harmonies. Probably the one piece of (unsolicited) advice I would offer, though, would be one which is often given to young people in general: "speak up!" When good musicians take a solo, they really TAKE a solo. Of course, obtaining and maintaining confidence is no easy trick in any field of endeavor.

There seemed to be no lack of confidence between the rhythm tandem of Yawdik and Holden. They swung hard and powered just about each and every piece with authority. The bassist's composition "Paraphrased" was an early treat, alternating spiky episodes with near-orchestral passages, displaying a nicely varied palette and formal sensibility. Newell's "You Tell Me" revealed itself as a tough, dark, ominous anthem with a heavy bass line and some nice sax/viola voicings. Luoma's "Broken Vista" had



one of the prettier melodic lines of the night and showed a very pleasing overall lyricism. Mueller's "Vertical" included a bright and bouncy feel, not unlike that found in some of the music of Tom Harrell. And Grover's "Deep Blue Z" took everyone on a nice modal journey across some well-executed compositional waters.

This concert was presented under the auspices of the Dimensions in Jazz series headed by Paul Lichter. Lichter has long cultivated ties to Maine's music education community and he announced that this year's AprilFest concert series will have as its theme a celebration of the 25th anniversary of the Maine Jazz Camp.

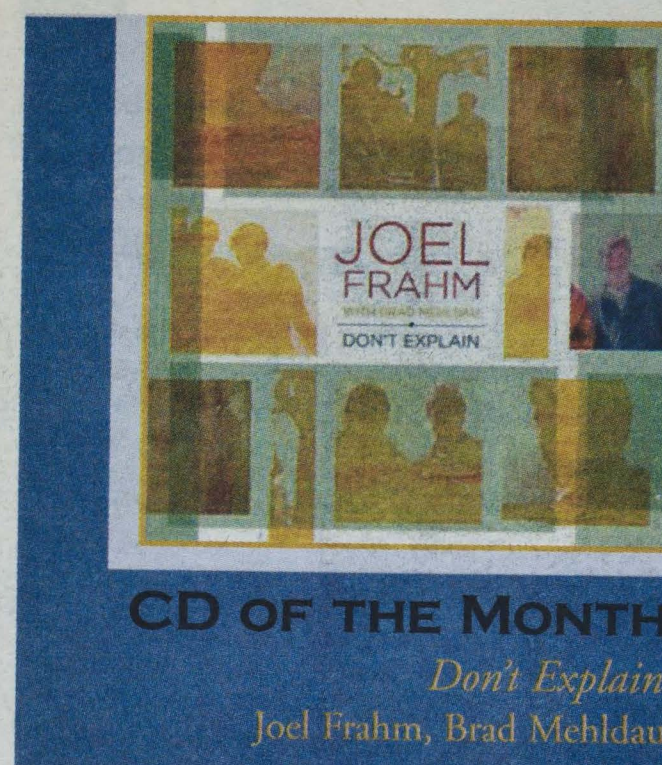


I couldn't stick around to hear whether trumpeter Pert offered a tune in the second set, but I did hear him liven up some ensemble passages on other player's works. He played a bit of muted horn in the evening's warm-ups that I would have liked to have heard more of.

All in all, a good performance from the next generation of jazzers with strong ties to Maine.

Over its long history, the Jazz Camp has drawn to Maine, in its more inviting summers, many established and up-and-coming jazz artists to teach and play with young, aspiring musicians. Lichter has drawn from this pool of talent for annual July faculty concerts in Portland and return visits by some of those same players as their schedules permitted throughout the year.

The schedule for the April extravaganza is still in a formative phase as I write this but names like Ran Blake, David Berkman, Greg Tardy, Christine Correa, Jeff Coffin, Michael Sarin and (members of) The Bad Plus have surfaced. It's early yet but not too early for me to start getting excited!



CD OF THE MONTH
Don't Explain
Joel Frahm, Brad Mehldau

In keeping with the educational theme of this month's column, a pair of accomplished but still fairly young former classmates have reunited for a nice duo disc.

Saxophonist Joel Frahm and pianist Brad Mehldau attended high school together in Hartford Connecticut and gigged around that town as teenagers. Both went on to music

schools, formal and practical, and each hit the big time in the 1990s: Frahm by teaming with David Berkman and, later, singer Jane Monheit and Mehldau with Joshua Redman and now with his own exquisite trio.

The old schoolyard buddies have just released *Don't Explain* (Palmetto), a deceptively straightforward series of variations on some classics, new and old.



My first reaction to this new disc was puzzlement at how uncomplicated it seemed to be. This turned out to be another lesson for me in the dangers of jumping to conclusions. Returning to the album a few days later, I realized there was a lot more going on here, subtly to be sure, than I had initially thought.

The duo's two variations on "Round Midnight" are a good place to start. Frahm begins by softly honking out a core element of the theme, as if we had joined him in the middle of a solo performance. His signature brawny but not quite macho tone gets some structure when Mehldau enters, working out on some strange Monkish intervals. Mehldau toys with the melody in his own playful/ thoughtful way before



Frahm returns with that little motif that defines this version of the classic tune.

The second take on the Monk tune feels more like the late-night, last-call anthem that the piece originally was meant to be. It's just done so nicely, with little touches of personal input from the players, that the work breathes. It lives, as they used to say in the Frankenstein movies. But, it's a gentle monster!

A take on the Beatles' "Mother Nature's Son" finds Mehldau at his interpretive best. Frahm's soprano also sounds heavenly, with intonation and articulation at a very high level. A reflective take on Sonny Rollins' "Oleo" brings out new potential in that tune while Frahm's own "Away From Home," the only original on the disc, is a sweet, melancholy opus full of many moments of delicate interplay.

Don't Explain proves that the "glory days" are happening now for these two former schoolmates.

"A little nonsense now and then, is cherished by the wisest men." —Roald Dahl

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***** ON DVD *****

Open Range

When *Open Range* was released in theaters last summer, many movie critics told potential moviegoers that this was just another Kevin Costner bomb, like *Waterworld* or *Robin Hood: Prince of Thieves*. "It's too long," they said, "and it's dull and boring."

Being sometimes easily swayed, I stayed away from the theatre, mostly because I wasn't ready for another long movie containing bad accents and dismal acting. I am in that group of people who only enjoys the movies Costner has made while wearing a baseball uniform.

Silly me—poor, easily influenced me. Don't let this happen to you!

Yes, this is a long movie. Yes, there are stretches when little is happening. And yes, nearly every Western movie cliché is used, beginning with Costner's silly "Let's rustle up some grub."

But the photography is something beyond grand and glorious. It resembles the technique of director John Ford in the way the land is caressed by the camera. Costner, famed for his love of baseball, must hold the Wild West in nearly as high esteem, for as the director of *Open Range*, he has filmed the beauty of the land in the same admiring and respectful way he does the ball field.

Filmed in Alberta, Canada, *Open Range* depicts the last days of the conflict between cattle ranchers and the "free grazers." This was a war between the new and the old that happened over a five-year span in the early 1880s; in reality, the war ended with back-to-back blizzards in successive winters, but there were still many gunfights like the one that closes *Open Range*.

Yes—I just gave away the ending, but remember—this is a cliché-filled Western and a bloody gunfight is the only acceptable ending to such a movie. But this one is much different from anything I've ever seen on film. No dramatic slow-motion dying here; people don't bleed out more blood than any three normal humans hold in a body—just for effect.

It is gruesome and awful. But it concludes the story realistically, and isn't that what movies are supposed to be all about? This is an uncomplicated story of two ways of doing business coming into violent conflict. One is on its way out, but those involved believe that the new methods are somehow wrong. The new breed of busi-

nessmen refuse to wait for the old blood to move out—not when there's money to be made.

Two things make this better than any Western since Clint Eastwood's 1992 film *Unforgiven*: Superb acting and simple story.

Kevin Costner is Charlie Waite, a Civil War veteran who has turned to cattle driving to forget the war; Robert Duvall is Boss Spearman, a man who turned to leading cattle drives to forget his past. Every single scene with these two is a small character study, and bit by bit over the course of the film, the past is revealed, motives understood, priorities made very clear.

Adding to this feast of great acting are two classy actors of somewhat lesser fame but not inferior talent: Annette Bening as Sue and Michael Jeter as Percy. Both play vital roles in the story, and both come through flawlessly.



This is an uncomplicated story of two ways of doing business coming into violent conflict.

But the acting is subtle, and that may have been part of the reason some critics—raised on shoot-'em-up, blow-them-away modern movies—got bored and wrote dull reviews of this fine film. It's not as good as *Unforgiven* or John Ford's *The Searchers*, but it is certainly worthy of being grouped with those excellent Westerns.

I rate *Open Range* with four out of five stars: There is some dreadful overacting a few of the minor parts that detract from the superior, subdued acting of Costner and Duvall; this diminishes the overall impact of some important scenes. But at two hours and 15 minutes, it's not too long; it may be slow, but it's never dull or boring.

—Tom Keene

BookReviews TomRestless

Stay Away from Cold Mountain: A Novel

"The great danger in losing art and aesthetics and thought to popular culture and identity politics is that we lose connection with history, which falls into forgetfulness."

—Curtis White

The words of this college professor/author couldn't ring more timely as one of Hollywood's latest 30-day wonders—a likely bastardization of Charles Frazier's *Cold Mountain*—blazes its way to DVD.

Purportedly based on Homer's *The Odyssey*, Frazier's novel liberally employs

obsolete language and tedious description to explore "behind the war" stories during the saddest period in American history with all the credibility of a Lifetime Channel ex-wife's tale.

Opening with quotes from Darwin and Han-shan, this erstwhile book club selection devolves quickly into Frazier's embellishment of the Civil

War experiences of a Johnny Reb deserter named W.P. Inman with an eye so obviously focused on Hollywood gold as to cause even the lowliest sitcom scribe to blush.

Along Inman's journey, we encounter several men (ranging from puerile to downright evil, and all worthless) and women (varied but without exception paragons of virtue and noble suffering). Among the latter are a displaced slave owner's daughter named Ada, who helps a wayward drunken fiddler's daughter named Ruby salvage a farm while introducing her to western civilization. Although Frazier has Ada reading *The Odyssey* to Ruby (who grows

impatient with Penelope's patience), *Cold Mountain* is an attempt to bury Homer's classic, not praise it. A relationship develops between Inman and Ada, eventually culminating in a bitter-pill ending eased by a spoonful of sugar that could induce emesis from even a *Mary Poppins* fan.

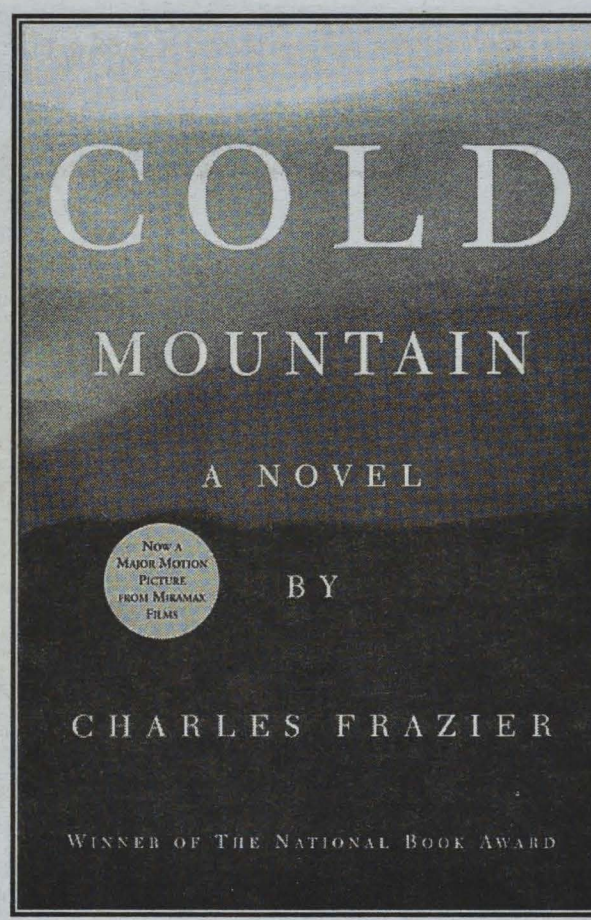
To be fair, much of Frazier's imagery is crisp and raw, bringing the gurgling of Virginia streams to the reader's ears, and his, at times, masterful use of crows as a literary device is so Hemingway-Lite you might forgive him his politically correct sophistry.

You might. In *The Western Canon*, distinguished literary critic Harold Bloom laments the displacement of great works from the canon in favor of more fashionable

"period pieces," works that fit the mood of a particular time rather than transcending fashion and placing themselves along the continuum of classical literature. Although *Cold Mountain* presents itself as an historical novel, its reverse sexism and simplistic, anti-war sentiments will forever place it in the late 1990s, the fallacies of which will hopefully one

day prove more preposterous and embarrassing than the fashions of the 70s.

Inman ends up a sperm donor at the end, while all works out for both Ada and Ruby and also for Ruby's father. Though Frazier apologizes for the "liberties" he took with the events of Inman's life, he falls short of such consideration for those of us who suffered through *Cold Mountain: The Novel*, an experience that is best summed up in the words of a goat woman who feeds Inman along the way: "(It's a sign of God's mercy that He won't let us remember the reddest details of pain.)"



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THE PIPELINE

The Portland/Boston Connection

by Brian Westbye

Well

It is well with Well, bassist Linda Bean assures me. Couldn't be better, in fact. The band has emerged from an impressive lineage to become a major force on the Boston scene. The new EP *The New Standard Biscuit* (Lunch Records) is a collection of serious car worms. Infectious hooks, melodic yet rocking, electronic, yet not defined by electronic. We caught up with Linda to get some more dirt.

FACE: What's new with Well?

Linda: Our EP *The New Standard Biscuit* is now out on Lunch records, and we're starting to get airplay. Our drummer, Robert Brazier, just moved to New York. Jeff Robbins, singer and head honcho, is going to be a daddy soon. That's what's new!

FACE: Describe your sonic direction and aspirations. Describe the album.

Linda: Well it's like taking an indie rock band and getting all "Dr. Frankenstein" on it by grafting on a few electronic limbs. Take some Pixies, add some Moby...there ya go. It's atmospheric, it's loop-oriented...and yet, it rocks.

FACE: Describe the recording process. What's good/bad about recording and producing yourselves?

Linda: Speaking of Dr. Frankenstein, Jeff does play the role of Mad Scientist quite nicely. For this recording, we set up in my big old house, recorded basics and some of the overdubs. My finest sonic moment was improvising a Latin percussion sound by scraping a pen on the spine of a spiral notebook. Jeff put it all into his G4, and using MOTU, put it all together, added vocals, more guitars, and all kinds of other tracks. By the way, he's insane. My most important role in the recording process is reeling Jeff back in when he goes off on a tangent. He seriously can spend hours tweaking and refining one little piece of a sound, so I slap him on the head and we get on with it. The hardest part about doing it yourself is not being "on the clock," as you would be if you were paying to record in a studio. You'd THINK that would be a good thing, but ya gotta know when to stop fixating on the minutiae and just DO it, already. SLAP!

FACE: How did the band come about?

Linda: Orbit was winding down, but Jeff wasn't. I wasn't either. Actually, towards the end of Orbit, there were a few songs that started to have a little electronic feel to them, so it was a natural progression, sonically. Jeff was writing songs that were great and wanted to continue writing/performing in some way, and he wanted me to be part of whatever it would be. (Though I was sure he was going to become a one-man "electronic sensation!") One evening, Jeff was at a rock show and asked his wife's pal, "Know any good drummers?" and he said "Yeah, me!". That was Robert Brazier,

who became our illustrious drummer. We all got together and drank some Blue Moon and played and thus our little band was born.

FACE: How does Well differ from Frigate/Permafrost/Orbit?

Linda: Well has a lot more subdued songs, with pretty intricate orchestration. Since we have all the "extra" tracks with us onstage, Jeff's pretty uninhibited in creating all these really lush pieces, chock full of textural parts. You never know what'll pop up. Acoustic guitars, xylophone, cellos, we've got 'em! Well is different from any other band that I've been in, in that we are a band of guitar/bass/drums that is enhanced by both audio and video tracks. All the extra textures figure into the live show, so it's a really, really full sound. And, synced into the live show are video tracks for each song. Robert wears headphones and operates the Powerbook that runs the show. It's

on us, and we're back to "just" being a rock band. And that's okay too! That's what Frigate, and to some extent, Permafrost were about. Permafrost had a lot more vocal stuff going on though, with 3 part harmonies and stuff. Frigate = basic punk rock with good melodies on top, no frills. This past year, I also joined and recorded with Stars and Stripes, a Slapshot offshoot. It's chantalong punk/street music. We toured Germany, which was something else!

FACE: What does everybody bring to the table?

Linda: Jeff brings heaps of creativity, songs, and buttloads of technical know-how. Robert brings scads of kids to the shows. He's a gadabout, you know. I think I bring a little extra rock to the table. A good riff here and there. And sometimes I bring beverages.

FACE: Most memorable moment thus far? Worst moment?



Well left to right: Robert Brazier, Jeff Robbins, and Linda Bean

MY MOST IMPORTANT ROLE IN THE RECORDING PROCESS IS REELING JEFF BACK IN WHEN HE GOES OFF ON A TANGENT. HE SERIOUSLY CAN SPEND HOURS TWEAKING AND REFINING ONE LITTLE PIECE OF A SOUND, SO I SLAP HIM ON THE HEAD AND WE GET ON WITH IT.

really something. It's a good show! Jeff created most of the video, with some help from our good friend Wayne Kimball. We also encourage folks to send us video, and one fine fan, Andy G. supplied us with some stellar fast-motion footage of a blizzard that fit beautifully into our show. At first I was afraid that having video and all the extra stuff would make it "unrock," which is a big no-no to me. But it doesn't take away from us being a rock band. We're still rocking out on stage. Which is a good thing! Once or twice the video part of the show has crapped out

Linda: I loved when we debuted the animation I made for "Up On Mars" and people LIKED it. They were smiling. It made me so very happy. Worst moment? We had a show in NYC and arrived only to find the city in a temporary blackout and stuck in gridlock. We eventually played, but the soundman was a wanker and really deserved a wedgie.

FACE: If you weren't in this band, you'd be...

Linda: Trying to get a gig playing bass for Andrew W.K.

FACE: Plans for the future?

Linda: We're really happy that *The New Standard Biscuit* is out there now, and is starting to get airplay. We have a LOT of songs aching to be recorded, so it's back into the recording lair for us!

Find out more info at www.wellband.net.

"She had an unequalled gift... of squeezing big mistakes into small opportunities." —Henry James

In My Opinion...Reader Rants! ON MAINE'S SMOKING BAN

by Pete Tyler

Last week in *The Maine Weekly* Michele Morris addressed Maine's new smoking ban from the perspective of someone who supports the new law. In the interest of equal time, this week Pete Tyler offers another point of view. Note the open-mindedness of these opposing arguments: Ms. Morris is a smoker who supports the ban and Mr. Tyler, who opposes the ban, doesn't go to bars.

The Surgeon General warns: that reading this article assumes you have no common sense and may like getting told what to do. Especially by a person who wears giant gold-braided shoulder brushes. Maine is now smoke free, in bars, for health reasons. The government is concerned that you may damage your lungs while legally damaging your liver. I'm surprised that Hacko the diseased lung mascot isn't shaking his cancerous finger at you from Department of Health commercials.

As of January 1, you can't smoke in a bar or bar-like establishment. The reason is second hand smoke. Politicians want to make sure workers in nightclubs aren't exposed to an unhealthy work environment. They've obviously never worked in a bar. If they really wanted to make a safe and healthy workplace for these people, they should arrest people who mix alcohol with milk. When they vomit, as they almost always do, it makes the floor extremely slippery.

Unfortunately all that healthy living inside the bar spills outside. The sidewalks are now filled with half-frozen smokers huddled together, because one of their vices is now outlawed. No harm, no foul, unless you happen to live near one of these establishments. Then instead of air pollution, it's noise pollution. There's nothing like the sweet mating call of a drunken man smoking his cigarette backwards, sweet talking a drunken college girl with his soulful rendition of Lionel Richie's "Hello."

Not to mention that beautiful scene of cigarette butts littering the gutters up and down the Old Port in Portland. Apparently seagulls are also addicted to nicotine, because you can see them fighting over the butts on Commercial Street. There's nothing like a jittery seagull asking you for a lighter while trying to peck your eyes out. But on the lighter side, homeless alcoholics have been able to drink all those drinks left outside. It's like ladies night on the streets without the ladies.

The bar workers at least wake up in the morning without the "smoky" smell on their clothes. It doesn't hide the smell of spilled kamikaze shots, or the cheap perfume/cologne stench that easily attaches to others. That is, unless you are the person who doesn't spill any kind of shot and easily attaches yourself to others. So far, there isn't a law against being slutty. Lawmakers would rather have you pollute

the air outside, since they don't want to feel like they're the only ones. Most of them have no problem polluting the environment without a second thought. The emissions from industrial plants are causing as many if not more problems as second-hand smoke. Stand near any running SUV and you are getting Wal-Mart sized pollutants—without the cute warning labels.

Yet there are no "No Smogging" areas anywhere in Maine. There isn't an officer writing tickets to places like Sappi for blatantly smoking in Westbrook. I get enough of that second hand smoke to kill me every day. Since they're no longer allowed to court big tobacco money, other polluters are okay. Until after 30 years of denial, then they'll create a no industrial-smoking zone.



But on the lighter side, homeless alcoholics have been able to drink all those drinks left outside. It's like ladies night on the streets without the ladies.

But for now it's indoor bar smoking. Since my wife won't let me hang out in bars, I asked some friends in the bar business their opinions. Both friends work in bars in NYC

where the same law has been in effect since April 1st, 2003. Pamela Grande who bartends at Ludlow Bar and Mary Raffaele who manages Remote Lounge repeat similar themes: Loss of business and problems policing the no smoking policy.

This no smoking law isn't new; it follows other states such as California and New York. Advocates for the law say it's good for everyone. Tell that to Dana "Shazam" Blake, who was murdered on April 13th at Guernica, a Manhattan nightclub, after he told a patron to put out his cigarette. He was stabbed to death after he told Jonathan Chan to put out his cigarette. Over smoking. Dead at 32.

But that was big scary New York City, where thugs and gangbangers run free. But Shazam's alleged killers, Jonathan and his brother Ching weren't gangstas; they were medical students and stockbrokers. Shazam wasn't some violent bouncer, even though he was 6' 6" and 320lbs. I knew him for years. We played dominoes on Sundays. I worked with him at the club I managed. You could always count on him as the calm in the storm. Dead at age 32 over a cigarette. He was worth a hell of a lot more.

now, try throwing out that guy when he's covered in a gallon of Hawaiian Tropic suntan lotion.

If alcohol is the social lubricant in a tavern, then the second hand smoke is the mood lighting. Everyone looks good after a few cocktails, but they look twenty percent better looking through itchy burning eyes. Men, who have no contact with their feelings, look sensitive wiping away a smoke induced tear. Women are surrounded by a haze of smoke, like a sultry vixen in a beer commercial. (Unfortunately, like the Loudon Wainwright III song says, "cancer robbed the whore of her charm.")

So the next time you're in your local watering hole, and you notice that cute girl you talked to last weekend has a thicker mus-

Everyone looks good after a few cocktails, but they look twenty percent better looking through itchy burning eyes.

In this or any state, there was no push by bar workers, owners or patrons asking the government to please make people stop smoking in bars. No referendums or petitions asking the powers that be to put a stop to it. They just took it upon themselves to make the decision for you. The government must believe that there isn't a person in Maine who is able to make an informed decision for themselves.

Here in Maine it's not quite as big of a problem as yet. It's not summer and the state isn't full of tourists. There are going to be a lot of pissed off Canadians wearing Speedos trying to smoke in Old Orchard Beach this summer. If you think it's hard policing the new law

tache than you; or the fella you chatted up, doesn't smell musky, he just plain smells; blame the lack of a good smoke screen. Or a law no one asked for. Whatever you do be sure to do what they tell you, because you're not smart enough to make any decisions for yourself. That's what government is for.

Pete Tyler can be emailed at: tylerpete@juno.com. He quit smoking at age eight, because that was his Mothers Day gift. Plus it cut into his candy money.

"California is a fine place to live—if you happen to be an orange." —Fred Allen

Street Talk

The FACE Magazine Performance Calendar

12 FEBRUARY THURSDAY

GLEN C. ALTSCHULER (lecture: "The Day the Music Died: The Conspiracy Against Rock 'n' Roll in the 1950s")
Keeck Classroom (G52), Pettengill Hall, Bates College, Lewiston, (207) 786-6330 4:15pm, free

13 FEBRUARY FRIDAY

REGGAE COWBOYS/ TREE BY LEAF
Grand Auditorium, Ellsworth, ME (207) 667-3618

FRANCO FRY (comic theatre)

Lewiston Middle School, 75 Central Ave., Lewiston, 8:00 pm; (207) 782-7228

PAUL BOSSE AND RYAN FOSS/ PLASMIDS AND PHAGES/ TASTE EXPLOSION/ DJ SHADE

SPACE Gallery, 538 Congress St., Portland (207) 828-5600, 8:30 pm, \$5, 18+

14 FEBRUARY SATURDAY

HOWIE DAY/ STEREOPHONICS
State Theatre, 609 Congress St., Portland (207) 775-3331

NH SYMPHONY ORCHESTRA (Love Affairs and Flirtations—A Valentine's Spectacular)

Portsmouth Music Hall, 28 Chestnut St., Portsmouth, NH (603) 436-2400

ED GERHARD

Kennebunk Coffeehouse, Kennebunk (207) 229-0212

CHRIS WHITLEY

Unity Center for the Performing Arts, 42 Depot St., Unity, ME (207) 948-SHOW \$15, 8:00

KATE SCHROCK

The Commons, Norway, ME (207) 388-2669

12, 7:30

A VALENTINE'S DAY TO REMEMBER—DANCE, MUSIC AND POETRY

Center for Cultural Exchange, 1 Longfellow Sq., Portland 7:30 pm. \$10, (207) 761-1545

SCOTT NASH (THE LUNCHBOX SERIES)

SPACE Gallery, 538 Congress St., Portland (207) 828-5600, 1:00 pm, \$3 (suggested, per family), all ages

RADARTRADAR (CD RELEASE)/ SEEKONK/ SYD AND PETE

SPACE Gallery, 538 Congress St., Portland (207) 828-5600, 8:30 pm, \$5, 18+

16 FEBRUARY MONDAY

VACATION SKATE (sponsored by Worship 95.3 FM)
Roller Skate Augusta, Anthony Ave., Augusta (207) 622-1340 6-9 pm \$5.50 (includes skates and dinner)

17 FEBRUARY TUESDAY

BANIFF MOUNTAIN FILM FESTIVAL
State Theatre, 609 Congress St., Portland (207) 775-3331

BARE NAKED LADIES/GAVIN DEGRAW

Cumberland County Civic Center, Portland (207) 775-3331

18 FEBRUARY WEDNESDAY

CENTRO-MATIC/ THE PALE/ THE PETE KILPATRICK SUPERGROUP
SPACE Gallery, 538 Congress St., Portland (207) 828-5600, 8:30 pm, \$5, 18+

UPCOMING:

Feb 19 - **GENO DELAFOSSE & FRENCH ROCKIN' BOOGIE**, Center for Cultural Exchange, Portland

Feb 19 - **OTIS TAYLOR**, Ramada Inn, Lewiston
Feb 22 - **STYX**, Merrill Auditorium, Portland
Feb 25 - **JOSH GROBAN**, Merrill Auditorium, Portland

Feb 27 - **THE BLUES BROTHERS: RHYTHM AND BLUES REVUE**, The Grand, Ellsworth
Feb 29 - **ZIGGY MARLEY & MICHAEL FRANTU/ BETH HART**, State Theatre, Portland

March 5 - **"NEW GUITAR SUMMIT,"** Lewiston Middle School
March 11 - **GREAT BIG SEA**, State Theatre, Portland

March 13 - **SNOCORE TOUR: TRAPT/ SMILE EMPTY SOUL/ FINGER ELEVEN/ STRATA**, State Theatre, Portland

March 19 - **GEORGE CLINTON & PARLIMENT FUNKADELIC**, State Theatre, Portland

March 20 - **PUDDLE OF MUD**, State Theatre, Portland

April 10 - **CRYSTAL METHOD**, State Theatre, Portland

April 15 - **BROOKS AND DUNN**, CCCC, Portland

Karaoke - Sierra's Restaurant (Gorham)

Karaoke w/DJ Larry - Somewhere Else (Portland)
Bosse & Foss w/Plasmids & Phages - Space (Portland)

13 FEBRUARY FRIDAY

Bruce Holley - Azure Cafe (Freeport)
Backlash - McGillucutty's (Brunswick)
Billy Cameron - Clyde's Pub (S.Portland)
Cyberia w/dehuman8 & DJ Stranger (downtown)
Asylum (Portland)

Badfish (upstairs) - Asylum (Portland)
The Grumps - Seadog (Topsham)
Darlen Breahms w/Hokum - Free Street Taverna (Portland)

Aaron Siebert - Sea Dog (Bangor)
Shawn Saindon - Acoustic Coffee (Portland)
Poetry Night - Acoustic Coffee (Portland)

Live Music - Every Tuesday Up (Portland)
Open Mic w/Jeremy Lester - Bramhall Pub (Portland)

Bobby Laine - Bridgeway Restaurant (Portland)

Pneuma - Brian Boru (Portland)
Live Piano Music w/Open Mic - Encore Piano Bar (Roxbury)
Santiago & Moshe w/The Flavor Bakers - Free Street Taverna (Portland)

Muddy Marsh Ramblers - Granny's Burritos (Portland)
DJ Seanne - Headliners (Portland)
12inch Zombies-Love Love/Moshe/Nicotine w/Richard Sin - The Mercury (Portland)

Empty Head - Old Port Tavern (Portland)
Soul Shake Down Party - RiRa (Portland)
Dance w/DJ Kate - Somewhere Else (Portland)

DJ Mike Said - Una (Portland)
Top 40 Remix w/DJ Silverspice - The Underground (Portland)

14 FEBRUARY SATURDAY

Tree by Leaf - Acoustic Coffee (Portland)
Nicole Hajj & Matt Fogg - Azure Cafe (Freeport)
Backlash - Eagles Club (New Gloucester)

DJ Jon/DJ Fred - Asylum (Portland)
Dirty McMurdy - Loose Moose (Gray)
Green & Bosse - Sea Dog (Bangor)

Hurdy-Gurdy Puppet Show - St. Lawrence Community & Arts Center (Portland)
Michelle Johnson w/Straight Up - Eagles Club Dance (Rumford)

Bobby Laine - Bridgeway Restaurant (Portland)
Long Black Veil w/The Points & The Aquaners - Bubba's Sully Lounge (Portland)

Bryan Killough - The Crooked Mile (Portland)
Cabaret Vocalist w/Open Mic - Encore Piano Bar (Roxbury)
Eggbot - Free Street Taverna (Portland)

DJ Baby J - Headliners (Portland)
Ronda Dale and the Reclers - Jones Landing (Peaks Island)

Ed Gerhard - Kennebunk Coffeehouse (Kennebunk)
Empy Head - Old Port Tavern (Portland)
Bryan Killough & Sarah Goldenhal - The Place: The Starfish Grill (Brunswick)

Now is Now - RiRa (Portland)
Dance w/DJ Kneel - Somewhere Else (Portland)
Radar/Tradar CD Release Party w/SeekKonk and Syd & Pete - Space (Portland)

Club Diesel w/DJ Dan - The Underground (Portland)

15 FEBRUARY SUNDAY

SweetDreams Recording Artists - Acoustic Coffee (Portland)
Empy Head - Old Port Tavern (Portland)
Open Mic hosted by Mandy & Steve - Higher Grounds Coffee House & Bistro (Hallowell)

Shane Kinney's Comedy Showcase - Comedy Connection (Portland)
DJ Jay - Big Easy (Portland)

Irish Session Music - Brian Boru (Portland)
Rachel Griffin - Bull Terriers (Portland)
Jenny Woodman Acoustic Duo - David's Restaurant (Portland)

Open Mic w/Tyler of Sly Chi - Free Street Taverna (Portland)
Karaoke w/DJ Mike C - Old Port Tavern (Portland)

Live Jazz Brunch w/Sly Chi - RiRa (Portland)
DJ Beulla - Somewhere Else (Portland)
Karaoke w/Dan - The Underground (Portland)

16 FEBRUARY MONDAY

Open Mic Night - Acoustic Coffee (Portland)
Ryan McCalmon - The Big Easy (Portland)
Hip-Hop Open Mic w/BoonDox - Free Street Taverna (Portland)

Karaoke w/DJ Sid - Old Port Tavern (Portland)
Open Mic Night - Sierra's Restaurant (Portland)
Gothic Industrial - The Underground (Portland)

17 FEBRUARY TUESDAY

Spoken Word Night - Acoustic Coffee (Portland)
Pneuma - Brian Boru (Portland)
Sly Chi - The Big Easy (Portland)

Karaoke w/DJ Cougar - Bottomz up (Portland)
Al Doane Jazz Jam - Bridgeway Restaurant (Portland)
Barenaked Ladies & Gavin Degraw - CCCC (Portland)

Local Music Showcase w/Incident @ Midnight - Free Street Taverna (Portland)
Wayne from Maine - Luther Bonney Auditorium, USM Campus (Portland)

The Lesson w/Moshe/DJ Mota/Kid Ray - The Mercury (Portland)
Karaoke w/DJ Sid - Old Port Tavern (Portland)

DJ Mike Said - RiRa (Portland)
Karaoke w/DJ Larry - Somewhere Else (Portland)
DJ Marcus Cain - Una (Portland)

18 FEBRUARY WEDNESDAY

Community Singing Circle - Acoustic Coffee (Portland)
Nicole Hajj & Matt Fogg - Azure Cafe (Freeport)
Open Mic hosted by Mandy & Steve - Higher Grounds Coffee House & Bistro (Hallowell)

Marc Chillemi & SoPo Trio - Barbara's Kitchen (Portland)
Zion Train - The Big Easy (Portland)

Acoustic Ladies Night w/Megan Wilson - Free Street Taverna (Portland)
Karaoke w/DJ Mike C - Old Port Tavern (Portland)

Mike O'Brien - RiRa (Portland)
Centro-matic w/The Pale and The Pete Kilpatrick SuperGroup - Space (Portland)

Dave Briggs Jazz Duo - Top of East (Portland)
Karaoke w/Larry - The Underground (Portland)

NEW HAMPSHIRE

12 FEBRUARY THURSDAY

Mike Ruggello Duo - Dolphin Striker (Portsmouth)
The Grumps - The Press Room (Portsmouth)

13 FEBRUARY FRIDAY

Hot Day at the Zoo - Barley Pub (Dover)
Now is Now - Dolphin Striker (Portsmouth)

14 FEBRUARY SATURDAY

9e w/The Screen - Barley Pub (Dover)
The Sharon Jones Band - Dolphin Striker (Portsmouth)

15 FEBRUARY SUNDAY

Anni Clark - Balsams Resort (Dixville Notch)
The John Troy Band - Dolphin Striker (Portsmouth)
The Grumps - Apres Ski (Bretton Woods)

16 FEBRUARY MONDAY

Anni Clark - Balsams Resort (Dixville Notch)
The Grumps - Apres Ski (Bretton Woods)

17 FEBRUARY TUESDAY

Anni Clark - Balsams Resort (Dixville Notch)
Bluegrass Jam Session w/Dave Talmage - Barley Pub (Dover)

Andy Happel - Dolphin Striker (Portsmouth)

18 FEBRUARY WEDNESDAY

Anni Clark - Balsams Resort (Dixville Notch)
INSIDE/OUT Jazz Presents: Plasmid - The Barley Pub (Dover)

Woody Allen - Dolphin Striker (Portsmouth)

The Goings-On and The Ongoing for the week of February 12

12 FEBRUARY THURSDAY

The Day the Music Died: The Conspiracy Against Rock 'n' Roll 4:15pm, Bates College, Keeck Classroom, Pettengill Hall, Lewiston, Gerhard Grant Trio 12:15pm, Noonday Concerts, 425 Congress St., Portland, 775-5747.

Disgo at Work: What Every Small Business Needs to Know 7:30-9:00pm, MEBSR, Luther-Bonney Auditorium, USM, Portland.

Art History Lecture Noon, ICA, 522 Congress St., Portland.
"Feel Africa" 6pm, Ismail Ahmad, Room 170, Lewiston Auburn College, 51 Westminster St., Lewiston, 753-6500.

14 FEBRUARY SATURDAY

Pato, Paper, and Hearts: A Valentine's Day Book Arts Workshop 9am-4pm, Center for Maine Contemporary Art, 162 Russell Avenue, Rockport, 236-2875.

Ellis Fitzgerald: Something To Live For 7pm, Blue Hill Library, Blue Hill, 469-6600.
Lincoln Canoes and Kayak Open House 8 Varney Rd., Freeport, 865-0455.

A Valentine's Day to Remember 7:30pm, The Center for Cultural Exchange, One Longfellow Square, Portland.
Roast Beef Buffet 5-6:30pm, North Deering Congregational Church, 1346 Washington Ave., Portland, 797-2487.

15 FEBRUARY SUNDAY

Singin' in the Rain 2pm, Harbor Theatre, Meadow Mall, Boothbay Harbor, 633-0438.
Lincoln Canoes and Kayak Open House 8 Varney Rd., Freeport, 865-0455.

16 FEBRUARY MONDAY

Wildlife in Winter 10am-2pm, Wells Reserve at Laidholm Farm, Wells, 646-1555.
Lincoln Canoes and Kayak Open House 8 Varney Rd., Freeport, 865-0455.

17 FEBRUARY TUESDAY

All Snowed In 10am-2pm, Wells Reserve at Laidholm Farm, Wells, 646-1555.
Elements of Jung's Psychology in Tartar by Jeanne Fiorini 4:15pm, Visual Arts Center, Beam Classroom, Bowdoin College, Brunswick, 725-3217.

The Anti-Hunger Movement 6:30pm, The Morris Farm, Rte. 27 N., Wiscasset, 882-4080.

Gregorian Chant and Polyphony sung by the Cathedral Schola Cantorum, 7:30pm, Cathedral of the Immaculate Conception, Center of Cumberland Ave and Franklin St., Portland, 773-7746.
Babysitting 10:15am-1pm, Maine Health Learning Resource Center, Falmouth, 885-8570.

18 FEBRUARY WEDNESDAY

You have got the Goods-What are you going to do with them? 6-9pm, Maine Small Business Development Center, Curtis Memorial Library, Merrill Meeting Room, Pleasant St., Brunswick, 882-4340.

Owls/What a Hoof! 10am-2pm, Wells Reserve at Laidholm Farm, Wells, 646-1555.
New England Fur Traders in Alaska: Franklin G. Lowell 6:30pm, Maine Maritime Museum, 243 Washington St., Bath, 443-1316.

The Greater Portland Maine Genealogical Society meets 1pm, the first Saturday of each month, Cape Elizabeth at Thomas Memorial Library, 797-7927.

The Greater Portland Parkinson Support Group all those with Parkinson's, as well as their families and friends are welcome, 2pm, the fourth Sunday of each month, Falmouth Congregational Hall, 267 Falmouth Road, Falmouth, 797-8927 or 774-3312.

Inner Light Spiritualist Church healing Service 6pm, Main Service 6:30pm, Sundays, Memorial Chapel, 2nd floor, Williston-West Church of Christ, 32 Thomas Street, Portland, 831-0702, 786-4401 or glorgy@midmaine.com.

Kids First Center a non-profit organization that offers programs with the purpose of providing practical information and suggestions to help separating or divorcing parents focus on the needs of their children. For program dates and additional information, 761-2709, kfirst@midmaine.com, or write: 222 St. John St., Suite 101, Portland, ME 04102.

The League of United Latin American Citizens meets 6pm, fourth Thursday of each month, Reichle School, 166 Brackett St., Portland, 767-3642.

Look Good, Feel Better sessions for women with appearance-related side effects from cancer treatment, 1-3pm, 2nd Monday of each month & 5:30-7:30pm, 4th Monday of each month, Cancer Community Center, Route 1, South Portland, 774-2200.

The Maine Breast and Cervical Health Program provides free mammograms and pap tests to women 40-64 that are uninsured or have high deductibles on their insurance. 874-1140 8324.

Maine Writers and Publishers Alliance presents informal writers' jam sessions open to all genres, 7pm, second Thursday of each month, Mr. Paperback Cafe, Lewiston, 729-6333 or sarah@mainewriters.org.

Maine Songwriters Association 7pm, Every Thursday open mic night at Acoustic Coffee, Danforth St., Portland.

Co-Dependents Anonymous a 12-step fellowship of people whose common purpose is to develop healthy relationships, meets 6-7:30pm, Tuesdays, Brighton Medical Center, 3rd floor, small conference room, 878-6632.

Computer Access open to the public, 6-8pm, Wednesdays & Thursdays, Portland West, 181 Brackett St., Portland, 775-0105 x27.

Creative Resource Center, Heart People Pictures, 11am-5pm, Tuesday through Saturday every week in January and February, 113 Forest Ave., Portland, 797-9543.

Debtors Anonymous is a recovery program for people with chronic debt based on the 12 steps of Alcoholics Anonymous, meets 7pm, Tuesdays, Woodfords Congregational Church, 202 Woodfords St., Portland, 774-4357.

Diabetes Support Group at Martin's Point helps people manage the challenges of living with Diabetes 6:30-7:30pm, Free and open to the public, support group meets the second Monday of the month at the Health Education Center, Martin's Point, 331 Veranda St., Portland, 828-2497.

Divorce Support Group The Greater Portland Spiritual Separated & Divorced Support Group meets 7pm, Tuesdays, Cathedral of the Immaculate Conception Rectory, 307 Congress St., Portland, 865-6431.

Divorce Perspectives Meetings are held each Wednesday at Woodfords Congregational Church, 202 Woodfords St., Portland, 774-4357.

NAAM CHOICES support groups for family and friends of people with mental illness meets 7pm, second and fourth Monday of each month, the Dana Center, Maine Med, 775-5242.

Peer critique Artists are encouraged to bring works of art, either in progress or complete, to share with others. A "peer critique" offers encouraging and supportive comment from fellow artists as well as suggestions for change and improvement, hosted on the second Tuesday of each month, Center for Maine Contemporary Art, 232-2875.

Peoples Free Space where people can connect to their community, share resources and ideas through food, information, art and events, 7pm, every 1st and 3rd Wednesday of each month, Portland West, 181 Brackett St., Portland.

Poetry Slam 8pm, second Tuesday of each month, Alehouse, Market St., Portland, 329-9481.

Portland Fiber Gallery and Weaving Studio classes, 780-1345.
Portland Writers' Group 7-8:30pm, Develop Your writing Style, Join eight week writers' group, Meets Monday nights through Dec. 22, 773-8355.

Red Wheelbarrow Books and Café Poetry Reading, second Thursday of each month, 247A Congress Street, 774-6663.

Salvation Army Senior Center Drop-in center for serving people age 60 and over in the Greater Portland area, 9am-3pm, Mon-Fri, 297 Cumberland Ave., Portland, 774-6304.

Food Not Bombs The group distributes free food to the masses, 2-4:20pm, Sundays, Monument Square, Portland, 774-2801.

Free School event where artists, craftspeople, dancers, and teachers of all kinds offer workshops to the public, 7pm, every first Monday of the month, Portland West, 181 Brackett St.

Friends of IANDS meets the second Sunday of the month, 5-7pm, Glickman Library, 4th Floor, University Southern Maine, 314 Forest Ave., Portland, IANDS is an organization built on the need-death experience. If you have had a near-death experience or are interested in learning more contact Rev. Julie Nightingale at 774-4244 or towardlight@earthlink.net.

Gays and Lesbians Adopting, a new support group and resource center for LGBT foster and adoptive families in Maine, meets the third Friday of each month, 773-3023 or mainegale@hotmail.com.

Geographic Information Systems Clinic open to anyone with a GIS question, research, problem, research idea, or general interest, 9:30-11:30am, Wednesdays, and Open GIS Seminar, noon-1pm, every Wednesday, Room 302, Bailey Hall, USM Gorham, 780-5063.

Getting Started workshop providing an important overview to historic home ownership and preservation, 9am-4pm, Saturdays, Walker Memorial Library, Main St., Westbrook.

The Greater Portland Maine Genealogical Society meets 1pm, the first Saturday of each month, Cape Elizabeth at Thomas Memorial Library, 797-7927.

The Greater Portland Parkinson Support Group all those with Parkinson's, as well as their families and friends are welcome, 2pm, the fourth Sunday of each month, Falmouth Congregational Hall, 267 Falmouth Road, Falmouth, 797-8927 or 774-3312.

Inner Light Spiritualist Church healing Service 6pm, Main Service 6:30pm, Sundays, Memorial Chapel, 2nd floor, Williston-West Church of Christ, 32 Thomas Street, Portland, 831-0702, 786-4401 or glorgy@midmaine.com.

Kids First Center a non-profit organization that offers programs with the purpose of providing practical information and suggestions to help separating or divorcing parents focus on the needs of their children. For program dates and additional information, 761-2709, kfirst@midmaine.com, or write: 222 St. John St., Suite 101, Portland, ME 04102.

The League of United Latin American Citizens meets 6pm, fourth Thursday of each month, Reichle School, 166 Brackett St., Portland, 767-3642.

Look Good, Feel Better sessions for women with appearance-related side effects from cancer treatment, 1-3pm, 2nd Monday of each month & 5:30-7:30pm, 4th Monday of each month, Cancer Community Center, Route 1, South Portland, 774-2200.

The Maine Breast and Cervical Health Program provides free mammograms and pap tests to women 40-64 that are uninsured or have high deductibles on their insurance. 874-1140 8324.

Maine Writers and Publishers Alliance presents informal writers' jam sessions open to all genres, 7pm, second Thursday of each month, Mr. Paperback Cafe, Lewiston, 729-6333 or sarah@mainewriters.org.

Maine Songwriters Association 7pm, Every Thursday open mic night at Acoustic Coffee, Danforth St., Portland.

Maine Writers and Publishers Alliance presents "drink, art & open mic" open to all genres, 7pm, second Monday of each month, Local 188, Longfellow Square, Portland, 729-6333 or www.mainewriters.org.

Man to Man Monthly discussion group meets first Thursday of the month to discuss issues pertaining to men's lives. All men over the age of 18 are welcome. At the Center for Cultural Exchange, 1 Longfellow Square, Portland, from 7-9pm, Free, 865-2048.

Men's Meditation Group 7pm, Williston West Church, 32 Thomas St., 1st Fl. Clark Room, Portland, 253-5122.

Mom to Mom Meetings held 4th Wednesday of each month. For mothers who have altered their lifestyles in order to raise their children. Dana Center, Maine Medical Center, Portland, 282-1160 or 797-6384.

Museum of African Tribal Art will host a family program aimed at homeschooling groups and other parents interested in exploring African Culture. Program will take place the first Wednesday of the month from 10:30am-3pm, 871-7188.

MUSE discussion

**The Melvin Sparks Band
The Ale House, Portland
January 10, 2004**

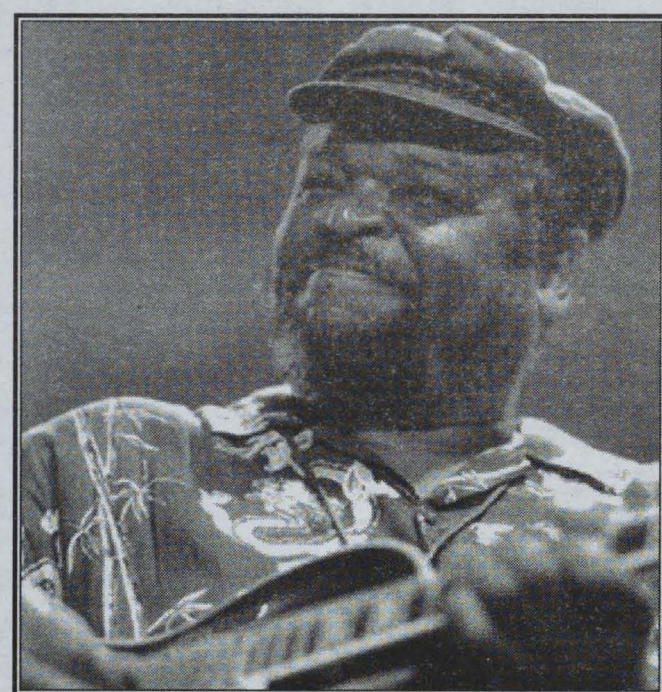
On Saturday, January 10, amidst the subzero weather and shadowed by the Patriots playoff domination, a renowned guitarist, Melvin Sparks, slid in and out of the Portland music scene to play a show at the Ale House. If you were to create a musical resume for Melvin, under "Experience" it would merely be littered with such heavyweights as B.B. King, Otis Redding, Marvin Gaye, Little Richard, George Benson, and Karl Denson, to name only a few. His career has spanned more than four decades of musical paradigms, over one hundred professional recordings, and now, at the age of fifty-seven, he has entered his solo and creative prime. With his deeply rhythmic chops, phenomenal soloing, and accompanying band to complement him, the Melvin Sparks Band releases an undeniable element of funk, jazz, and blues that even the stiffest listener will be left tapping their feet and rubbernecking to.

The Ale House has its own unique charisma to it, as most people know. They do a great job of booking a constant stream of bands, which makes it impossible to walk by and not go in, or at least recognize its presence. Melvin is definitely the father figure of his four-piece accompanying band which consists of Joe Hrbeck (Herbie J.) on sax, George Papageorge on organ, Carter Mclean on drums, and Tim Luntzel on bass.

The concert didn't start until a little after ten when Melvin, sitting on his stool, grinning from ear to ear, started jamming out on "Master of Time." It wasn't crowded in the low-lit bar. In fact, throughout the night there was probably a total of thirty people there at any given time. Only the true patrons of music, who dared the cold and settled for watching the Pat's game on a small screen, made

it out to watch one of the main contributors to the soul-jazz era we are living in. From start to finish, the Melvin Sparks Band kept your undivided attention, never faltering or sounding a dull note.

I was there to watch Melvin who I had just really found out about this past summer from Karl Denson's *Dance Lesson #2* CD. So I was pleasantly surprised to find out that the band was not a one-man show. The band behind Melvin was complete, professional, and extremely



impressive. Like the man behind the curtain, you had the feeling that most of the songs were written and composed by Melvin, but he was featured on the songs only slightly more often than his band mates. The majority of the time Melvin would sit back and strum his Gibson, scanning the crowd for their reactions to the song grooves; only to smile, put his head down, and begin soloing. Like any

good jam band, each musician had a featured solo on most of the songs. Herbie J., on sax, was featured second to Melvin and deservedly so. As he warmed up throughout the show his solos would become increasingly more intense and moving, making his presence undeniable. Papageorge, like most organ and keyboardists, was tucked nicely in the corner but, when given the opportunity, excelled. Then, of course, there was drummer Mclean and bassist Luntzel, who did phenomenal jobs guiding the pounding rhythm of the tunes.

Unlike some frontman-named bands that consist of a spotlighted performer and backing band, the Melvin Sparks Band was completely opposite. Like most of the soul/jazz music that relies on great tunes, showmanship, and talent, The Melvin Sparks Band proved to be extremely multi-dimensional in their musical abilities and stage presence. Their capacity to explore all of the musician's talents led to a very interesting show. Their CD, *What You Hear Is What You Get*, is worth a listen and a great gateway into the marvels of the music Melvin Sparks has helped to create. As I spoke with Herbie J. after the show, trying to set up an interview he looked at me and laughed. "You don't want to interview me or anyone else in the band," he said. "You want to talk to Melvin, he's the man." Then quickly Mclean chimed in, "Yeah, he's the man, we just get to play with him," he said. I was taken by this. Up until the concert I was just a mere fan of Melvin's guitar playing. I knew he had played with a slew of musicians, but I would have never imagined the kind of iconic presence that Melvin held in the music world until I interviewed him the next day in his hotel room.

—G.P. Paulisko

The Melvin Sparks interview can be found online at Facemag.com

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in their late 20's and has 20 years+ experience. Males and females are both welcome. Please be career minded. Call Dave @ 207-839-3903 or Jay @ 207-730-0792. (03/18 - 8x)

DRUMMERS WANTED Tinpanic is a one year old steel band which practices weekly at the Great Falls School in Auburn, Maine. The band consists of eight steel drum players and a drummer. None had steel drum experience before the band was formed a year ago. Some, but not all had some prior music training. The band is taught by an experienced musician who arranges most of its music. We have performed in public several times. No one threw fruit. Tinpanic seeks one or two new members interested in learning and playing with us. Contact Jan Marston: jdmars@aol.com; 207-784-1445. (03/11 - 8x)

FEMALE BACKING VOCALS NEEDED. Preferably High School to College or older if soft smooth similar highs can be achieved. No experience necessary providing you can hold a steady pitch. Also need low male backing vocals. My preference would be a father and daughter or girl and boyfriend. Parent must be present if under 18. Leave voice mail at 450-5839. (03/18 - 8x)

GUITAR PLAYER FOR METAL STYLE BAND. Band has CD and gig connections. Influences range from Sabbath to Metallica, from Godsmack to Disturbed. 657-3075 (12/03 - 2x)

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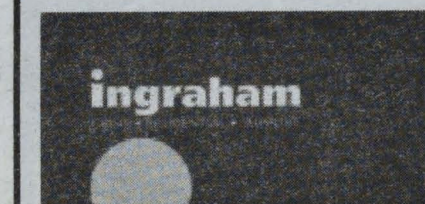
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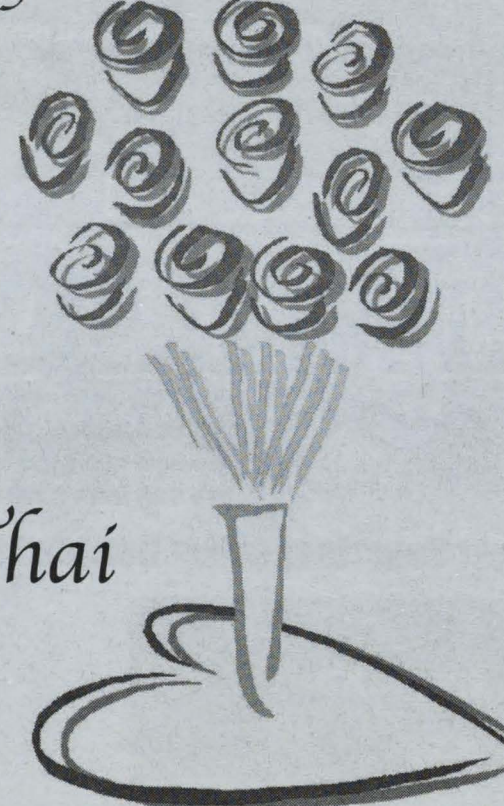
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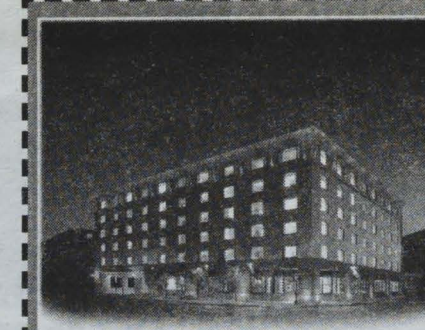
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Female Seeking Male

46-YEAR-OLD FEMALE, EUROPEAN descent, seeks active Man who enjoys swimming, boating, motorcycles, travel and dining. **#85043**

47-YEAR-OLD WIDOW, NO children at home, likes the beach, long walks, talks, candlelight, music, bowling, pool. Average-looking, blonde/green, 5'7", hopeless romantic, seeking Male. **#85008**

50S LADY, 5'4", 135 lbs, blonde/blue, attractive, sensual, seeks tall, H/W/P Man for dancing, dining, movies, conversation, loving life to the hilt, for many adventures. Southern Maine. **#85014**

A VERY LARGE SWF, 45, 5'8", brown/blue, happy-go-lucky, very caring, enjoy dining out, long rides, Bingo. Would like to meet a large-sized W/BM, 40-50+, similar interests, for friendship first, possible long-term relationship. No head games, please. **#85221**

ARTICULATE, ARTISTIC BUT not artful Woman, 50, quite smiley, passionate about music, dance, animals, nature, friends, social justice. Seeks bighearted, in-touch-with-himself, progressive, feminist Man of curious bent, 38-65, who'd appreciate this complex, curvaceous, unique Woman. **#85061**

ATTRACTIVE ASIAN FEMALE looking for a good Guy, 40s, for dating, friendship. Romantic, passionate, outdoor type, in good shape. Quiet times are a must! **#85197**

CENTERED, SINCERE ART enthusiast, DWPF, 56, silver/brown, 5'4", light drinker, loves seashore, jazz, blues, eclectic cuisine, gardening, walking, ISO sharing S/DWPM, 50s, N/S, stable work and home, mental and physical health, SOH, strong interests and inquiring mind, for LTR. Portland area. **#85168**

DANCE WITH ME! DWPF, 5'3", solid build, brown hair, brown eyes, upbeat but laid-back, beautiful smile, dimples. Seeking slender Male, 30-55, clean-cut, easygoing but energetic, financially secure and knows how to treat a Lady. Call me, let's dance the night away! **#85058**

DWF, 39, 5'5", full-figured, brown/brown. Mother of a 12-year-old. Work full-time. Enjoy music, dancing, outdoors, go to the gym daily. Honest, caring, loyal. Looking for honest, caring, open Man. Looking for a monogamous relationship. **#85027**

LONELY CITY GIRL. Plus-sized SWF, 43, 5'9", brown/hazel, enjoy dining in or out, slow dancing, walks on the

beach, quiet evenings, cuddling and holding hands. Desire S/DWM, 40-50, for friendship, LTR. Portland area only. **#85007**

LOOKING FOR CUPID. F, 53, 180 lbs, looking for a Man who will take me under his wing, with a sense of humor, sincere, spontaneous kind of Guy. **#85220**

TIRED OF SEARCHING? I'm right here. DWF, 40s, 5'3", reddish-brown/brown, friendly, loyal, lovable, seeking Male. Enjoy cozy cuddly times with right person. If you're honest, caring and seeking the same, give me a call. You will never know unless you try. **#85085**

FEMALE SEEKING FEMALE. I'm 49, hardworking, do lots of overtime. ISO a Female who wants to be a good friend, who enjoys sports, dining, dancing, outdoors, walks. Friendship first. Let's see where it goes from there! I'll respond to all. **#85024**

37-YEAR-OLD, VERY NICE, handsome, intelligent, athletic and financially secure. Enjoys skiing, golfing, sports, fitness and being with friends. Seeks slender, sexy, intelligent, fun, 25- to 37-year-old SWF with similar interests, for dating, possible LTR. **#85013**

Male Seeking Female

A GIRLFRIEND WANTED by a SBM, 40, professional job, special, handsome, laid-back and gentle. Love people, nature. Desperately seeking big beautiful Women who show true colors and honesty. For dining out, long drives, quiet times at home. Race open, 170 lbs+. **#85144**

ATTRACTIVE, EASYGOING SINGLE dad of one teen, 5'9", 170 lbs, black/brown, athletic build. Likes travel, sports, beaches and life! ISO attractive, H/W/P, feminine Female, 5'4" or under, 30-40, who likes to laugh and enjoys life in general, with similar interests. **#85002**

ATTRACTIVE, EASYGOING SM, Widower, 46, good sense of humor, open-minded, outgoing, zest and passion for life. Looking for Lady with same. Enjoy long rides, music, walks on beach, mountains. Looking for Lady who's also sensual, passionate and romantic (as I am). **#85175**

BEST FRIENDS AND more. SWM, 37, 5'11", 180 lbs, dirty blonde/blue, sincere, caring, thoughtful, likes reading, movies and sports. Looking for 27- to 40-year-old Female, pretty and fit, for genuine relationship. No children yet, please. **#85215**

CARING, HANDSOME, ADVENTUROUS SBPM, 48, 5'7", well-traveled, funny, well-educated. Seeking dar-

ing, playful, adventurous, intelligent, tall White Female, small to full-figured, with sense of humor, for friendship, romance, dating, relationship. (CT) **#85212**

CREATIVE, ROMANTIC, N/S SWPM, 5'10", 150 lbs, 44. Enjoys the outdoors, concerts, theater, antiques, NPR, crafts, camping and travel. Seeking fit, active, confident S/DWPF with great SOH, who shares some of these interests, to share relationship full of conversations, companionship, fun. **#85020**

DWM, 35, LIGHT brown/blue, likes sports, camping, outdoor activities, having a good time. Looking for SF for dating, maybe LTR. Must have good sense of humor and love to have fun. Age and race unimportant. Kids ok. **#85042**

EASYGOING DWM, 44, 5'10", 180 lbs, N/S, light drinker, financially secure, seeking Female. Enjoy almost anything outdoors (biking, motorcycling, hiking, kayaking, camping, softball, basketball), beaches, movies, music and variety of other things. If this interests you, give me a call! **#85038**

FUN-TO-BE-AROUND, DEPENDABLE DWM, 43, black/brown. Enjoys music, dancing, camping, traveling and romantic evenings. Seeking Female, any age, who is honest, caring and loyal, for dating, possible monogamous long-term relationship. **#85210**

GREAT QUALITY TIME, great benefits. Are you absolutely positively seeking someone? Are you 40-60, N/S, N/Drugs, light drinker? Are you fit, decent, honest, loyal, dependable, open, flexible, outgoing, communicative, romantic? I'm all of that... plus. It's your move. Male seeking Female. **#85003**

HEALTHY, COMPASSIONATE QUEBECOIS, 6', 44, seeking Woman with heart, intellect and kindness to match wits and laugh with. If you enjoy discourse, the arts and long walks, let's rendezvous soon to spark an interest. **#85052**

NEW TO MAINE. Male, 37, enjoys traveling, camping, sports, hopeless romantic. Seeks Female, 28-42, with similar interests. **#85214**

ROMANTIC, HONEST, SINCERE SBPM, 37, 6'1", muscular build, seeking S/DWF for friendship, possible LTR. Let's share travel, dining, dancing, sports. (CT) **#85081**

ROSES, CARROT CAKE. SWM, 6'1", grayish hair and beard, light blue eyes, physically, emotionally and spiritually fit, SOH, romanticist. Seeking attractive SWF, 49-55, who is

also seeking a partner and knows she deserves love and nothing less. **#85154**

SM, 47, 5'10", 160 lbs, good-looking, in-shape, enjoy all outdoor sports, well-educated, hardworking, read extensively. Seeking attractive, in-shape Woman who is adventurous, intelligent, sensuous and is comfortable in heels or hiking boots, for fun and hopefully LTR. **#85033**

TALL, BORN-AGAIN CM, 52, average-built, like sports, music, the beach. Would like to meet born-again Christian Woman with similar interests, for fun, friendship and possibly a future. **#85030**

VERY POSITIVE PERSON. SWM, 40, full of life, SOH, big heart, self-employed, nice smile, lotsa fun, sports, travel, romantic evenings. Seeks Female soulmate for the finer things in life. (MA) **#85009**

52-YEAR-OLD WM, 5'10", 195 lbs, brown/brown, seeking M for friendship, dating, possibly more. You be: 35-60, prefer N/S, social drinker, no drugs. Interests: dining, dancing, having fun times, quiet times... sitting by a fire, beach walks. Sincere, honest, caring. Let's connect. **#85001**

BRUNSWICK AREA. HUMOROUS, young-looking WM, 52, 5'6", 165 lbs, brown/brown, ISO honest, sincere, loving SM, 45-55, N/S, N/D. Call me and let's get together. All calls will be returned. **#85152**

COUNTRY BOY ISO slim, healthy, sexy M, 18-30, in search of older M for friendship, companion and good times. Me: slim, WM, 50. Call. **#85219**

DECENT GUY, ENJOY work, passionate about interests, like to meet someone to share them, easygoing, enjoy going out and having a good time with friends. Interests: brunch on Sunday, movies, plays, new restaurants, cycling. I'm masculine, fit and looking for same. **#85065**

LIFE. NOT A rehearsal. What if I did or didn't do this or that? So I'm doing this. If we meet and it's worth the meeting, bravo! I'm middle-aged Man seeking realistic, romantic Man to help solve the riddle called life. **#85132**

MALE, 5'7", 130 lbs, smoker, looking for friendship, possible relationship. Seeking Male, 18-50. **#85015**

I Saw You

WESTBROOK DUNKIN' DONUTS, 12/10, evening. You: wheat bagel, half-butter. Me: blue hat, red coat. We spoke and I wanted to introduce myself but did not. Please call! **#85201**

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